

WINNIPEG

metro®

NEWS
WORTH
SHARING.OVER \$170,000
IN EARLY BIRD PRIZES!DEADLINE
MIDNIGHT
TONIGHT

DreamLottery4Kids.ca



204-940-5437

BUY YOUR
TICKETS TODAY!

License No. MGCC1517RF

ezmarketing.ca

Greater Grand Forks • Fargo-Moorhead • Twin Cities & Area • Thief River Falls • Bemidji

The only cross border shopping site you need!

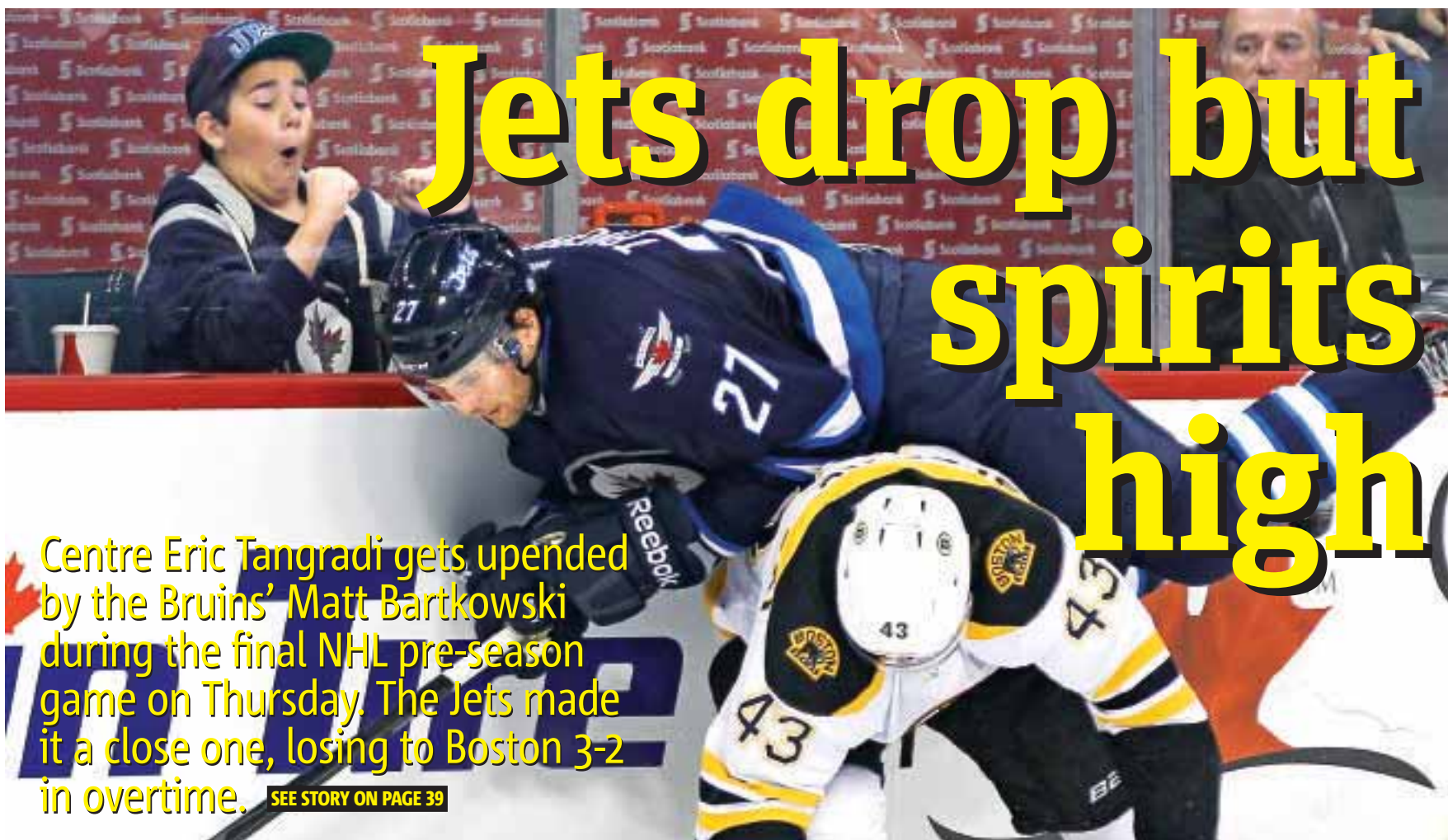
Weather widget for all our destination cities! North and Southbound border wait times at a glance! Links to Canadian and US border information. Links to MB, ND and MN. Highway conditions!

Ismaila Alfa permanently Up to Speed

Multi-talented 'Pegger lands dream job **PAGE 4**

Greenpeace Canucks in Russian jail

Pair awaiting charges over oil protest **PAGE 18**



Centre Eric Tangradi gets upended by the Bruins' Matt Bartkowski during the final NHL pre-season game on Thursday. The Jets made it a close one, losing to Boston 3-2 in overtime. **SEE STORY ON PAGE 39**

JOHN WOODS/THE CANADIAN PRESS

Loved Ones

VOYAGE

FUNERAL HOME & CREMATORIUM

deserve only the best

FAMILY OWNED & OPERATED

If you were to die today, who would follow through with your final wishes?

Preplan today for peace of mind tomorrow.

220 Hespeler Ave.
204-668-3151

1577 Pembina Hwy.
204-284-7500

1073 St. Mary's Rd.
204-284-7500





September 19th – October 6th, while quantities last.
Product may vary from store to store.

fresh
Values!

NOW ON SALE

BACK TO HEALTH

UDO'S CHOICE PROBIOTICS
75g, 30-120 VCAPS

PART OF A NATURAL HEALTHY INTESTINAL FLORA.

- Provides live micro-organisms to benefit health
- Available in age-specific formulas
- Vegetarian-friendly Reg. \$27.99-\$52.99

SAVE 15%

PROGRESSIVE VEGEGREENS MULTI 250-500g

GET YOUR DAILY DOSE!
All your vegetables and half of your vitamins and minerals, in just 1 small scoop a day! Reg. 250g- \$49.99/500g- \$79.99

SALE \$5 OFF

THE DIVACUP®

REUSABLE & ECO-FRIENDLY SILICONE MENSTRUAL CUP

- 12 hour leak-free protection
- Comfortable and clean
- Easy to use

Reg. \$41.99

SALE 36.99

KYOLIC FORMULA 104 90-360 CAPS

PROMOTES HEART HEALTH THROUGH CHOLESTEROL REDUCTION

Aged Garlic Extract and lecithin lower cholesterol. Enhances circulation helps to reduce heart disease risk.

Reg. 90s- \$16.99
180s- \$33.99
360s- \$54.99

SALE 14.49 **SALE 27.99** **SALE 44.99**

RENEW LIFE FITSMART 609-641g

SHAKE OFF THE WEIGHT!
Delicious FitSMART delivers 20 grams of protein and 10 grams of fibre in each nutritious shake! Reg. \$39.99

SALE 29.99

DR. MILLER'S WHOLY TEA 30 DAY CLEANSE

THE TOTAL BODY DETOX

- Lose weight and reduce bloating
- Effectively cleanses the liver & colon
- Relieves constipation & indigestion

Reg. \$32.99

SALE 29.99

VEGA ONE BARS 63g

ALL-IN-ONE. ON-THE-GO.

A delicious all-in-one, plant-based supplement, packed with vitamins and minerals, protein, fiber, Omega-3, plus antioxidants, probiotics and greens.

Reg. \$3.99

SALE 2 for \$6

SEVENTH GENERATION DISH SOAP 739mL

CLEAN DISHES-HEALTHY PLANET!
Seventh Generation dish products are safe for your home and the environment while delivering a clean you can count on.

Reg. \$4.49

SALE 3.99

NATURE'S FARM FREE RUN EGGS 18 PACK

NATURAL FLAVOUR, FRESHNESS AND GOODNESS

These farm-fresh Smart Eggs™ offer optimal quality in support of your good health. Reg. \$5.79

LOCAL

SALE 5.49

NOW CURCUMIN 60 VCAPS

SUPPORTS HEALTHY JOINTS

A potent antioxidant that helps maintain cardiovascular and colon health and healthy joints.

Reg. \$24.99

SALE 19.99

GLUTINO PRETZELS 75-400g

PRISTINELY GLUTEN FREE

Great tasting gluten free snack that the whole family can enjoy! Reg. 75g- \$2.49
400g- \$8.99

SALE 1.99 **SALE 7.99**

FROMAGERIE LA CHAUDIÈRE CHEESE LINE 200-340g

PRODUCTS WITH REAL QUEBEC FLAVOUR

Delectable Certified Organic Raw milk cheeses. Reg. \$6.79-\$12.79

SAVE 15%

MAISIE JANE'S

FARM FRESH EVERY TIME
Maisie Jane's snacks are premium quality with farm fresh goodness and flavour. Reg. \$2.49-\$7.79

SAVE 10%

NATURAL FACTORS TONALIN CLA 120 SGs

BURN FAT, BUILD LEAN MUSCLE

- Helps to increase lean muscle mass
- Helps to decrease stored body fat
- Promotes healthy weight loss

Reg. \$36.99

SALE 24.99

PACIFIC SOUPS 1L

THE DELICIOUS TASTE OF NATURE
Pacific Foods Organic Ready-to-Eat Creamy Soups are healthy, innovative recipes that capture the delicious taste of nature. Reg. \$5.99

SALE 5.29

RIZOPIA ORGANIC BROWN RICE PASTA 454g

100% RICE PASTA
All natural and gluten-free. Made only with rice and water. Reg. \$3.99

SALE 2.79

MEET & GREET AND BOOK SIGNING WITH LORNA VANDERHAEGHE

Tuesday, October 29th, 10:00-11:00am

at **Dakota FRESH MARKET**, 19-845 Dakota St. *First 50 people receive a FREE autographed book.*



FREE EVENING SEMINAR - WOMEN'S HEALTH AND HORMONES

Tuesday, October 29th at Caboto Centre, 1055 Wilkes Ave from 7:00-9:00pm

CUSTOMER APPRECIATION DAY TODAY 10% OFF* IN-STORE!

***APPLIANCES, DAIRY, DELI, PRODUCE AND WATER 5% OFF**

vitahealth
FRESH MARKET

204 984-9599 • myvita.ca



6 locations to serve you!

Garden City 204 984-9555
2211 McPhillips St.
Osborne Village 204 984-9551
1 - 166 Osborne St.

Reenders Square 204 984-9553
46 - 11 Reenders Dr.
St. Vital Square 204 984-9554
19 - 845 Dakota St.

Tuxedo Park 204 984-9552
180 - 2025 Corydon Ave.
Westwood 204 984-9559
3500 Portage Ave.

'Holistic' anti-bullying legislation coming: MacKay

Prince George donation. Justice minister also announced funding for Winnipeg-based group

Federal Justice Minister Peter MacKay is promising the Tories will introduce new "holistic" legislation in the fall to fight cyberbullying following the recent death of a teen apparently driven to suicide by vile texts and social-media messages.

MacKay said Canadians have been touched by the death of 15-year-old Todd Loik, a Saskatchewan high school student whose mother said he committed suicide earlier this month after relentless online taunts and tormenting.

"The loss of their 15-year-old son has touched the nation as previous losses have — Reh-taeh Parsons, Amanda Todd and others," MacKay said Thursday at the Canadian Centre for Child Protection in Winnipeg, where

the federal government made a \$100,000 donation to mark the birth of Prince George.

"The pain, the suffering reminds us that the bullying must stop."

Provinces have brought in a patchwork of legislation against bullying recently. But Kim Loik, the boy's mother, said she wants Ottawa to bring in national anti-bullying legislation — one law across the country that would spare other kids the pain her son experienced.

Lianna McDonald, executive director of the Canadian Centre for Child Protection, said a national strategy would be welcome.

But any national plan should also address mental-health issues, social problems and include increased education about healthy relationships in the schools, she said.

"No family should have to go through that pain of losing a child," she said. "We strongly support the notion of a comprehensive national plan."

THE CANADIAN PRESS



Conservative MPs joined Minister of Justice and Attorney General of Canada Peter MacKay, third from right, and Prime Minister Stephen Harper's wife, Laureen, far right in black, on a tour of the Canadian Centre for Child Protection after the government gave the centre a donation Thursday to mark the birth of the royal baby. SHANE GIBSON/METRO

Mayor stays mum on ousting of fire chief



Mayor Sam Katz METRO FILE

Mayor Sam Katz continued to refuse to comment on the sudden dismissal of former Winnipeg Fire Paramedic Service chief Reid Douglas this week, repeating the refrain that the firing was a "personnel matter."

"I can only tell you on personnel matters, there's a lot of legal ramifications," he told reporters on Thursday.

Katz said that the hiring and firing of city staff is a process he never gets involved with —

even though Douglas' termination on Wednesday came in advance of an imminent report about a controversial fire hall land-swap deal orchestrated by Douglas and city developers without the approval of city council last year.

Katz admitted that, politically, the timing of Douglas's removal was less than ideal, though he said he believed the decision made by city managers had nothing to do with

the land-swap deal.

"When I say it's not perfect timing, I'm speaking from an elected official's point of view," said Katz. "From the departments — human resources, etcetera — they may not take that stuff into consideration, they make decisions on what's best. It's two different perspectives — from the political, no, it's not perfect timing."

Katz said that he had faith in the judgment of city managers,

including Douglas's former direct superior chief operating officer Deepak Joshi, who announced Douglas's firing on Wednesday via an email to city council.

"I believe that the COO would only make that decision based on some proper information," he said. "I have no doubt in my mind that they wouldn't be doing that without having some validity."

JOHN TOWNS/FOR METRO

Royal Fork Buffet

\$2.00 OFF
REGULAR LUNCH OR DINNER

(Adults & Seniors only. One coupon per person, not valid on holidays. Not to be combined with any other offers. Expires October 31, 2013.)

NOW WITH

- SUSHI
- BUBBLE TEA
- CHINESE FOOD

Tuesday Special

KIDS EAT FOR HALF PRICE EVERY TUESDAY! 4PM TO CLOSE

CHINESE FOOD PREPARED BY ORIENTAL PEARL
CHINESE 36, 3300 307 MARBETH STREET

(204) 668-1960 Unit 900-1615 Regent Ave. W www.royalforkwinnipeg.com

1 NEWS

Ismaila Alfa 'thrilled' to be hosting CBC Radio One show

Drive home. CBC interim summer host lands permanent gig on afternoon show



SHANE GIBSON
shane.gibson@metronews.ca

He's been a promising running back headed toward a professional football career and toured North America as a hip-hop MC, but this fall Ismaila Alfa finally landed his dream job.

"It's been a really winding road, but I've ended up exactly where I wanted to be," said Alfa, 38, who was named permanent host of CBC Radio One's Up to Speed show earlier this month after a summer spent as the show's interim host. "I get to meet great people, I get to do great things, and I feel a major re-

Ismaila facts

- Ismaila dropped out of third year of civil engineering courses at the University of Manitoba to focus on music.
- Ismaila's live-band, Alfa, just finished mixing its first album and it should be released early next year.

sponsibility to be a voice for my community ... and it's a responsibility I really like."

Born in Nigeria, Alfa has lived in Winnipeg since the age of nine, and his path to the big chair on the 3-6 p.m. drive show was anything but typical.

A leg-shattering tackle in his final football game before college sidelined a likely CFL career, and a growing family — he has three girls ages 4, 6

and 18 — forced him to shift his focus away from a music career with local hip-hop group Magnum KI after several years of touring.

It was decades of prompting from his mom that eventually steered him toward radio.

"I was always like, 'Yeah, yeah, mom, you love me and you think I'm amazing at everything,'" he laughed. "But finally I was like, you know what, let's give it a try."

The CBC hired Alfa fresh from broadcasting school in 2008. Since then, he's been a traffic reporter, host of Scene On-Air, and host of the public broadcaster's Weekend Morning Show.

Now that he's hosting the big show full-time, Alfa said he has no plans on leaving.

"I love this city and I want to be part of making it a better place and showing off what it's becoming," he said. "I'm going to be here for a while."



Ismaila Alfa was named the permanent host of CBC Radio One's drive show Up to Speed earlier this month.

SHANE GIBSON/METRO

River Rouge going full-steam ahead



Kyriakos Vogiatzakis, owner of River Rouge Cruise Line, gives Brook and Breanna a chance behind the wheel of the MS River Rouge last weekend.

CAROLYN WELSH/FOR METRO

After the MS Paddlewheel Queen took its final voyage last weekend, the man behind the helm of the MS River Rouge wants Winnipeggers to know there's still another boat afloat on city waterways.

"One ship that is a landmark is on its way out, and another one is going full-throttle ahead," said Kyriakos Vogiatzakis, owner of River Rouge Cruise Line, which has been sailing the MS River

Rouge since purchasing the ship and given it a total top-to-bottom overhaul. "People see that we've invested love and money back into this project that's going to allow it to be around for the next generation."

Vogiatzakis said his cruises have been able to stay afloat while his competition was forced into dry dock because he caters to everyone from families and sightseers during

the day to nightclub-goers and now even football fans looking for a relaxing ride to Investors Group Field in the evening.

"We're doing really innovative stuff," he said. "We do something for everyone, and you have to — you can't just focus on one thing."

The River Rouge is continuing its public tours, charter tours, tailgate-party cruises and late-night party cruises until late October, and Vogiatzakis said there's no doubt he'll be back into the water next summer.

For more information on the tours and to make reservations, go to msrouge.com.

SHANE GIBSON/METRO

On the web

For more local news go to metronews.ca



Summer clearance SALE. 20 to 50% off

If It Rolls...

875 CENTURY ST WINNIPEG, MB PH: (204) 783-5500

CARRYING PRODUCTS ENGINEERED TO PROTECT YOUR QUALITY FLOOR

HANDLING EQUIPMENT - SPECIALTY TIRES - CASTERS - WHEELS - GLIDES - AND MORE

WWW.CASTERLAND.COM

Everything in the store All of September



Maybe you should get out more.



The new 2013 Subaru Outback. They say fresh air clears the mind. Perhaps that explains the exceptional thinking behind the 2013 Outback. Refined from the inside out, including a new 2.5-litre SUBARU BOXER engine that produces increased performance, yet with greater fuel efficiency. Or available EyeSight™ driver-assist system that monitors the road and can recognize potential danger - acting as your second set of eyes.** And of course our acclaimed symmetrical full-time All-Wheel Drive to get you as far away from the city - and the endangered list - as possible. Learn more at subaru.ca

OUTBACK
WELL EQUIPPED FROM
'28,495'



2537 PEMBINA HWY.
204-944-6604
frontiersubaru.com

SUBARU – FASTEST GROWING AUTO MAKER IN CANADA
COME SEE WHY, WHILE THE 2013s LAST!!

2010 Subaru Sport



Sport fun & AWD. Local trade with warranty.
Only 36,000 kms. Stk. #13325A

PRICED TO ENJOY AT
\$14,988

1999 VW Golf



Only 76,000 kms. Safetied and ready
to go. Local trade. Stk#13415a.

PRICED TO ENJOY AT
\$4,980

2007 Toyota Rav4 Ltd AWD



Auto air pw pl and more. Local trade.
Warranty and more. Stk#14012b

PRICED TO ENJOY AT
\$14,969

2010 Subaru WRX 265 AWD



Now this is fun. 265 hp of energy and adrenaline.
Factory warranty. Stk#92770

PRICED TO ENJOY AT
\$22,710

2005 Toyota Corolla LE



One owner local trade. Fully loaded with leather
and more. Only 75,000kms, Stk# 13381a

PRICED TO ENJOY AT
\$8,458

PARIS JEWELLERS

STORE CLOSING SALE

ST. VITAL LOCATION ONLY

ONLY 4 DAYS LEFT!

EVERYTHING 50%-70%

SILVER AND DIAMOND CROSS \$99

925 SILVER CHARM BRACELET ALL HALF PRICE!

BLACK AND WHITE FRESHWATER PEARL BRACELET \$69

18K WHITE GOLD DIAMOND RING \$399

14K GOLD DIAMOND RING SET 1CT TTW \$1299

10K GOLD DIAMOND CLUSTER RING 2CT TTW \$1100

SELECT BLACK, WHITE, PINK PEARL SET For Only \$149

SILVER & DIAMOND BRACELET \$99

EVERYTHING MUST GO! LAST CHANCE FOR HUGE SAVINGS

St. Vital Shopping Mall

RIGHT BY SEARS & LONDON DRUGS

204-888-7888

MON-FRI 10-9pm SAT 9:30-6pm SUN 11-6



Denise McInnes of Charleswood says she really doesn't know why her sunflower grew so absurdly large — "the trunk is the size of my wrist — it's huge," she exclaimed. JOHN TOWNS/FOR METRO

Flower towers over garden in Charleswood

'Very amateur gardener.' At 11 feet tall, sunflower dwarfs other plants and four-time NBA MVP LeBron James

While the daylight hours are already starting to wane as we move into fall, over at Denise McInnes' Charleswood home, the sun is up 24-7 — at a height of about 11 feet.

McInnes, who describes herself as a "very amateur gardener," somehow managed to grow herself a towering sunflower this summer that stands almost as tall as the first storey of her house. Remarkably, it was her first time ever planting the flower.

"I've never even grown one before," she laughed Thursday morning. "I just found these seeds in a package someone had given me; I don't even know how old they were."

McInnes says she's done some research, and some sun-

flowers can potentially grow up to 12 feet tall — taking into account a slight bend in the stem, hers is just shy of that number.

"I don't know much about sunflowers in Manitoba, and how big they get in this climate, but I know I've never seen one this big here," she noted, adding that she's done nothing special to the plant to inspire its gargantuan size.

"I planted two of them — we have two daughters, and

both of them are getting married this year, so it was a little symbolic. The other one didn't get nearly this big, though," she said.

"I really don't know why this one got to be this size — I didn't fertilize it at all, I didn't do anything special with it. The only thing I can think of is that it's in a really good spot with a lot of room and sunlight, I guess."

JOHN TOWNS/FOR METRO

Sunflower facts

- According to Guinness, the tallest recorded sunflower was 27 feet tall, measured in Kaarst, Germany, in September 2012.
- The scientific name for the sunflower is "Helianthus" — "Helia" for sun, and "Anthus," meaning flower.
- It's commonly accepted that sunflowers were first domesticated almost 5,000

years ago in what is now the Southeastern United States. Sunflower seeds were brought to Europe in the 16th century, where they quickly became a staple in cooking.

- The sunflower is the state flower of Kansas. Remember that next time you're playing bar trivia.

Source: Wikipedia, Guinness

EMPLOYEE PRICING IS BACK AND IT'S IN THE HEART OF WINNIPEG

EMPLOYEE PRICING ENDS MONDAY



2013 FUSION S

Incl. 2.5L, auto, A/C, SYNC, ABS, powergroup, keyless entry and more from

\$20,514* or \$167 b/w

2013 FUSION SE

incl. 2.5L, auto, A/C, SYNC, Tech package, camera, heated seats and more from

\$22,992* or \$188 b/w

Prices are plus freight and applicable taxes and fee and include Costco rebate. Term is 72 months at 2.99% OAC.



2013 F150 STX

includes 3.7L auto, AC, power group and more from

\$20,923* or \$155 b/w

2013 F150 S/CAB XLT 4X4

Includes 3.7L V6, auto, A/C, cruise, liner and more from

\$26,336* or \$193 b/w

2013 F150 CREW CAB 4X4

includes 5.0L V8, auto, AC, power group and more from

\$28,329* or \$206 b/w

Prices are plus freight and applicable taxes and fee and include Costco rebate. Term is 72 months at 2.99% OAC.



2013 ESCAPE SE

3 to Choose from - all with leather, panoramic sunroof and more

\$27,552*

Lease from **\$319/mth***

48 month lease at 0% with \$1500 down. Price and payments are plus tax and include Costco rebate.



2013 EDGE SEL AWD

Leather, Moonroof, SYNC, Camera, 20" wheels and more from

\$36,362**
or lease from 459/mth

39210

Price and payments are plus freight and applicable taxes and fee and include Costco rebate. Payments are for 48 months at 1.99% OAC.



2013 FIESTA SE

All with auto, A/C ABS, power group SYNC and more

\$14,858* or \$113 b/w
\$16,098 with sunroof

Prices are plus freight and applicable taxes and fee. Term is 84 months @ 5.99 OAC.



2013 FORD FOCUS SE

5dr, auto, A/C, Appearance and Winter Package included, heated seats and more from

\$19,943* or \$129 b/w

Pmts are plus taxes 84 months @ 1.99 OAC. Prices are plus freight and applicable taxes and fee.

LANDAU
FORD • LINCOLN

204-772-2411 555 EMPRESS STREET

www.landauford.ca

*Vehicles are not exactly as shown.

My, how time flies! It was 275 years ago that Pierre Gaultier de Varennes, Sieur de La Verendrye, arrived at The Forks. To celebrate that famed voyage, a re-enactment of "La Verendrye" and his men meeting Cree chiefs will take place on Saturday at 11 a.m. at The Forks at the Port. In honour of this major event in Winnipeg's history, we talk to Captain Michel Loiselle of La Compagnie de La Verendrye and bring you High Five things to know about La Verendrye.

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

1



The man, the myth, the legend

An accomplished captain of the Colonial Troops of New France, La Verendrye was a landowner in Trois-Rivières, Que., who followed his father on trading expeditions with aboriginal people in northern Quebec. Loiselle said it was at a stint at a trading post on Lake Superior that La Verendrye heard stories about a "western sea," which led to his journey accompanied by three of his sons and about 50 men.

High Five

La Compagnie

Made up of 22 volunteer members, La Compagnie is celebrating its 20th anniversary in 2014. Loiselle said the members not only put in their time, but also their own funds into their uniforms and voyageur costumes. Members are very passionate about their "living history hobby," which includes their culture, language, Manitoba and early Canadian history, adds Loiselle.



5



La Verendrye route

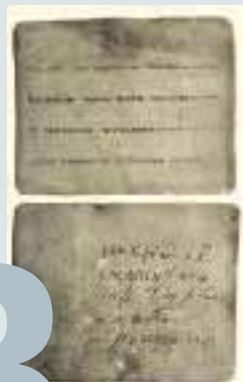
Loiselle said the trip from Montreal to present-day Winnipeg would have taken 80 days, and while they would have made

use of the trading posts along the way, it was still a huge achievement. "The French-Canadians of the time were masters of the rivers and the lakes," Loiselle said proudly.

2

The account of that historic meeting

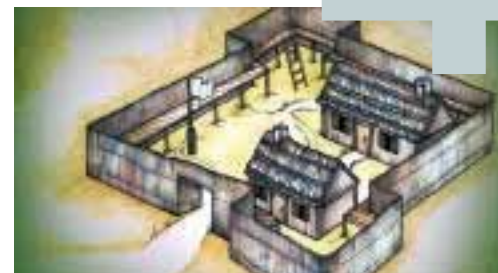
La Verendrye's observations, written nearly three centuries ago and conserved to this day, form the basis of Saturday's re-enactment. "We know the when, the where and the who and we're filling in the gaps, we're basically interpreting what was said" between the explorer and the Cree chiefs, added Loiselle. "It's a snapshot in time and almost 275 years to the day, because that conversation happened on Sept. 24, 1738, so we're four days late but we're pretty darn close."



3

Fort Rouge

It was the first fort to be built in what is present-day Winnipeg; however, not much is known about Fort Rouge, said Loiselle. Through years of studying how the French built forts, La Compagnie and artist Janet LaFrance have collaborated to come up with an illustration of what it could have looked like.



4



Sears
WATCH & JEWELLERY REPAIR

Free estimates on all Watch & Jewellery Repairs

15% off
WATCH BANDS & WATCH BATTERIES
(with this coupon)

Polo Park:
(204) 775-7011 ext 578

Garden City:
(204) 338-4621 ext 578

St. Vital:
(204) 957-3011 ext 578

Kildonan Place:
(204) 661-8470 ext 578

Offer expires Dec. 31, 2013. Some exceptions apply. Applies to in-store and regular priced batteries & straps only. Item 60017

Join the Celebration!

Build our Future. Buy a Brick.

Support the next 75 years at Red River College.

Don't miss this chance to ensure you'll be a part of our lasting legacy.
For more information, visit rrc.ca/buyabrick

Your commitment to the College - set in stone!





STUDENT DEALS LIKE NEVER BEFORE

GET AN ANDROID SMARTPHONE
AND STUDENTS GET **\$5 OFF**^{MO*}
on select
2-yr. plans

& WE'LL DOUBLE YOUR DATA¹

ROGERS LTE – FASTEST SPEEDS IN MORE PLACES¹

VISIT rogers.com/LTE for more info

LIVE LIKE NEVER BEFORE™



VISIT YOUR LOCAL ROGERS STORE

The Android robot is reproduced or modified from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. MOTOROLA and the Stylized M Logo are trademarks of Motorola Trademark Holdings, LLC. All other trademarks are the property of their respective owners. Offers subject to change without notice. *Available to new and existing customers with new activation or upgrade on select plans until Sept. 30, 2013. Eligible National Plans: \$50, \$60 or \$75 Smart Picks plan and \$85 or \$105 individual plan or \$140 or \$160 Family Plan (each with monthly or 2-yr. term). Device eligibility varies by plan and term selected. See in-store for full details. ¹ Comparing the availability of LTE speeds of up to 150 Mbps on the Rogers LTE network vs. the availability of up to 150 Mbps speeds on the LTE networks of other providers, within Rogers LTE footprint. Expected download speeds of 12-40 Mbps. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Visit rogers.com/LTE for coverage and details. ™Rogers and related names & logos are trademarks used under licence from Rogers Communications Inc. or an affiliate. ©2013



Joyce Rose accepts her award as the inaugural Driving Angel, presented by CAA Manitoba president and CEO Mike Mager on Thursday morning at the official launch of the program. JOHN TOWNS/FOR METRO

Calling all (driving) angels

Help is on the way.
CAA launches new program to recognize volunteers who keep seniors mobile

JOHN TOWNS
winnipeg@metronews.ca

A new program by CAA aimed at recognizing volunteers who help seniors get around kicked off Thursday morning at city hall with the presentation of the inaugural award to a woman who has spent the last 30 years helping others get around.

Joyce Rose, who has helped the less mobile by driving them to appointments and errands, was the first person to be recognized as part of CAA Manitoba's new Driving Angels campaign.

"I'm not the only one that's done this for that many years, and I'd like to thank everyone who has done this, and everyone who is taking an interest in these types of programs," Rose said shortly before being surprised with the announcement that she would be the first Driving Angel in the province.

"These kinds of programs are so important, and I look forward to seeing more volunteers step forward and do this with the various organizations in the city."

Rose was presented with a certificate and a letter signed by CAA Manitoba president and CEO Mike Mager and Mayor Sam Katz.

"The realities are that when we think of running out and grabbing some groceries or to a medical appointment, we don't think twice about it. But it's an extreme challenge to some

Collaboration

- The Driving Angels program was developed by CAA in another province and brought to Manitoba after consultation with the WRHA, Transportation Network Options for Seniors, the Manitoba Association of Seniors Centres, and seniors councils from across the province, explained Mike Mager of CAA Manitoba.

others," Katz said in some brief remarks.

"My opinion is that there's nothing more valuable than giving up your time to help others, and this is a perfect example of that in action."

For more information or to nominate someone as a Driving Angel, visit caamanitoba.com/drivingangels.

Donate today and help support women's health in your community.

Every September, Shoppers Drug Mart® stores across Canada set up a Tree of Life in support of women's health, with 100% of all proceeds going directly to women's health initiatives in your community. Over the years, you've contributed over \$20 million and we're hoping you'll help us make a difference again this year.

Visit your local Shoppers Drug Mart between **September 14 and October 11** and buy a leaf (\$1), a butterfly (\$5), an acorn (\$10) or a cardinal (\$50) to help women's health grow in your community. To donate online or find out which women's charity your local Shoppers Drug Mart store supports, visit shoppersdrugmart.ca/treeoflife.



What has YOUR addiction cost YOU?
LOSS of family? career? home? children? dignity? ...
...WE WANT TO HELP

The Charis Centre WHERE GOD GIVES 2ND CHANCES!

Our live-in program is for women seeking recovery from addictions.

*Children under 10 may live on site with you.

We offer:

- Spiritual development (Bible-based)
- Recovery counseling
- Life skills classes
- Education opportunities

*Charis Centre works with CFS with the intent of reuniting children with Moms.

For more information: Call Susan at 204-415-3934 ext. 233 or drop by on Wednesday mornings between 9 & 11 am



The Charis Centre 271 Archibald St.
(a ministry of Union Gospel Mission)



Minimum-wage hike bad for small biz: CFIB

Twenty cents. Raise won't help keep cash in workers' pockets: Marilyn Braun-Pollon

Minimum wage in Manitoba will be climbing 20 cents to \$10.45 an hour — the third-highest minimum wage in Canada — on Oct. 1, the province announced Thursday.

"This increase will help the lowest wage earners in Manitoba and keeps pace with expected increases in the consumer price index," said Entrepreneurship, Training and Trade Minister Peter Bjornson in a release.

Before increasing the minimum wage, the province said it consulted with the Labour



Marilyn Braun-Pollon CONTRIBUTED

Management Review Committee and got feedback from both its labour and business representatives.

The increase is not without critics though — Marilyn Braun-Pollon, vice-president of Prairie and Agri-Business with the Canadian Federation of Independent Business, said an increase like this is just a means for the province to grab

headlines while still over-taxing minimum-wage earners.

"Manitoba's basic personal (tax) exemption of \$8,884 is the third-lowest among all provinces. The provincial tax take of minimum-wage earners is the highest in the country," she said. "You don't have to look very far to see how poorly Manitoba stacks up in helping low-income earners help keep more money in their pockets."

Braun-Pollon suggested that hiking minimum wage does more to hurt workers, since small businesses will likely cut staff hours and reduce expansion plans in order to absorb the expense.

"It's another policy that's going to increase the cost of doing business in Manitoba," she said.

JOHN TOWNS/FOR METRO
WITH FILES FROM BERNICE PONTANILLA

Whatever happens, we'll make it unhappen.



At CARSTAR we know your time is valuable. That's why we make it our job to make your accident unhappen. We ensure that your repairs are done right, the first time, and on time. And, the service you receive will be second to none.

Twitter: @carstarmanitoba | Facebook: CARSTAR Manitoba

CARSTAR proudly offers:

- Collision repair
- Auto glass repair & replacement
- MPI accredited
- AIR MILES reward miles*



CARSTAR on File..... 632-7712
CARSTAR on Henderson..... 338-1551
CARSTAR on Saskatchewan..... 837-2399

*AIR MILES reward miles not applicable on MPI claims.



What Should You Do if Someone is Having a Heart Attack? W. Gifford-Jones, MD



It has been widely talked about for many years so it doesn't come as a big surprise... heart disease, strokes and heart attacks are at an all-time high, affecting millions of Canadians. In fact, about 8 out of 10 Canadians are at risk of developing cardiovascular disease - a devastating illness that 74,000 people die from each year.

What exactly is a heart attack?

When the blood supply to the heart is slowed or stopped because of a blockage, a heart attack occurs. Atherosclerosis, the narrowing of coronary arteries due to plaque buildup, causes more than 90% of heart attacks. A heart attack may also occur when a coronary artery temporarily contracts or goes into a severe spasm, shutting off blood flow to the heart.

Not all people who have heart attacks experience the same symptoms or experience them to the same degree. Many heart attacks aren't as dramatic as the ones you've seen on TV. Some people have no symptoms at all, while for others, the first sign may be sudden cardiac arrest. Still, the more signs and symptoms, the greater the likelihood that person may be having a heart attack. The severity of heart attack symptoms can vary too. Some people have mild pain, while others experience severe pain.

A heart attack can occur anytime — at work or play, while you're resting, or while you're in motion. Some heart attacks strike suddenly, but many people who experience a heart attack have warning signs and symptoms hours, days or weeks in advance. The earliest warning of a heart attack may be recurrent chest pain (angina) that is triggered by exertion. Angina is caused by a temporary decrease in blood flow to the heart.

Common symptoms include:

- Pressure, tightness, pain, or a squeezing or aching sensation in the chest or arms. It may also spread to the neck, jaw or back.
- Nausea, indigestion, heartburn or abdominal pain
- Shortness of breath
- Sweating or a cold sweat
- Feelings of anxiety or an impending sense of doom
- Fatigue
- Trouble sleeping
- Light-headedness or dizziness

What to do if you see someone having a heart attack?

If you encounter someone who is unconscious from a presumed heart attack, call for emergency medical help. If you have received training in emergency procedures, begin cardiopulmonary resuscitation (CPR). This helps deliver oxygen to the body and brain.

According to the American Heart Association, regardless of whether you've been trained, you should begin CPR with chest compressions. Press down about 2 inches (5 centimeters) on the person's chest at a rate of about 100 a minute. If you've been trained in CPR, check the person's airway and deliver rescue breaths after every 30 compressions. If you haven't been trained, continue compressions until help arrives.

If you are experiencing any warning signs, you should call 9-1-1 or your local emergency number right away, or have someone call for you. Stop all activity and sit or lie down in a position that is most comfortable and try to remain calm until help arrives.

What can you do to improve your heart health?

Dr. Linus Pauling, two-time Noble Prize winner, reported 25 years ago that humans do not make their own Vitamin C. He also found that Vitamin C is needed to manufacture healthy collagen, the glue that holds coronary cells together, just like mortar is needed for bricks. Lysine, like steel rods in cement, makes collagen stronger. Dr. Pauling also found that taking several thousand milligrams of Vitamin C a day can help to remove artery blockages and help to prevent a heart attack. Prevention is your best strategy for a strong and healthy cardiovascular system.



This Message Brought to You By...

Medi-Plus
NATURAL REMEDIES FOR HEART HEALTH

Available at Your Local Health Food Store

for a store near you go to **PNO.CA**

Woman 'humiliated' in medical exam, court martial told

16 women. Retired petty officer 2nd class James Wilks faces 26 sexual-assault and breach-of-trust charges

A former military medical technician left women feeling uncomfortable and even "humiliated" after he touched or looked at their breasts during physical examinations, a court martial heard Thursday.

The second day of a court martial for James Wilks, a petty officer second class who is now retired, featured the testimony of several women who described similar experiences of having their breasts and nipples fondled during exams.

Their identities are protected under a publication ban.



Former military medical technician James Wilks at his court martial.
FRED CHARTRAND/THE CANADIAN PRESS

One of the women said Wilks ordered her to expose her breasts so he could touch them during a physical exam.

She said he spent a minute or two touching her breasts before ordering her to pull up her hospital gown and get off the examination table.

The woman choked up sev-

eral times as she spoke.

She described how Wilks then told her to bend over and touch her toes while she was wearing only the gown and her underwear.

She said he ordered her to keep her hands on her toes when she tried to keep her loose-fitting underpants from slipping. Wilks pulled up her underpants and held her gown as she was bent over, the court martial heard.

"I was humiliated," she said. She told the court martial Wilks was "very firm" and didn't give her the impression a breast exam was optional. She described him as "intimidating."

Maj. David Hodson, who represents Wilks, accused the witness of fabricating the episode. Wilks faces 26 sexual-assault and breach-of-trust charges involving 16 women over six years. **THE CANADIAN PRESS**

Cross-border energy. Harper talks tough in New York on pipeline

Canada won't "take no for an answer" from the U.S. when it comes to the Keystone XL pipeline, Prime Minister Stephen Harper said Thursday.

The logic in support of the project going ahead is "overwhelming," and governments at all levels on both sides of the Canada-U.S. border are endorsing it, Harper told a high-powered business audience in New York.

"My view is that you don't take no for an answer," Harper said. "We haven't had that. If we were to get that, that won't be final. This won't be final until it's approved and we will keep pushing forward."

Harper also dismissed the divide between his government and the White House over projections of how many jobs Keystone XL will create.

THE CANADIAN PRESS



Stephen Harper delivers remarks in New York. ADRIAN WYLD/THE CANADIAN PRESS

Arctic Ocean

Chopper wreck recovered

The Canadian Coast Guard says it has recovered a helicopter that crashed and sank in the icy Arctic Ocean, killing three men.

Two ships worked to recover the wreckage of the Messerschmitt Bo-105 chopper that went down Sept. 9 in M'Clure Strait.

One of the ships with the chopper on board was en route to shore where Transportation Safety Board investigators are to study the wreckage to help determine why it crashed.

It's not clear if the aircraft was equipped with a black box flight information recorder or if a black box was recovered.

The commander of the icebreaker Amundsen was among those killed in the crash.

Post-mortem examinations have suggested the men likely survived the impact, but later died of hypothermia after being in the water for about an hour. **THE CANADIAN PRESS**

LAST CHANCE TENT SALE

Up to 80% Off

THIS SATURDAY & SUNDAY ONLY!

Women's street wear starting at \$5
Hundred's of pairs of shoes starting at \$10
Tons of in-store specials

844 St Mary's Rd (204) 254-4343 ✶ www.boardersanonymous.ca

**Celebration of Seniors
Sisters of the Holy Rock**
Tue., 1 Oct. 2013
at 7:30 pm \$15

**Army, Navy & Air Force Bands
Salute Seniors**
Royal Winnipeg Rifles
HMCS Chippawa
Royal Canadian Air Force
Wed., 2 Oct. 2013
at 7 pm \$10

**Members of the Order of Manitoba
Honor Seniors**
Al Simmons O.M. 2012
Ray St. Germain O.M. 2013
Sat., 5 Oct. 2013
at 7 pm \$15

Another Opening, Another Show
Rupert's Island Brass Band
402 Squadron Pipes & Drums
Eastside Jazz Band
Tue., 8 Oct. 2013 at 7 pm \$10

Music in My Heart
Chamber Orchestra
of St. John's College
Sweet Adelines - Assiniboine Show Chorus
The Sound of Music Sing-a-long
Tue., 15 Oct. 2013 at 7 pm \$10

The Words and Music
Branch 252 Legion Veterans Band
Winnipeg Golden Chordsmen Chorus
Westside Jazz Band
Wed., 16 Oct. 2013 at 7 pm \$10

manitoba
seniors 20
music 13
festival

12 UNIQUE
CONCERTS
33 UNIQUE
ARTISTS

Music by Seniors and Friends for Seniors and Friends
12 Concerts in October — Seniors Month

Manitoba Culture Days Free Preview Concert
Dixie Beats Dixieland Band
Valerie Pearson & Friends
Julie Husband, Jason Munroe, Owen Clark
Sweet Adelines
Assiniboine Show Chorus
Sun., 29 Sep. 2013 at 2 pm FREE

MUSIC

All concerts at
Lutheran Church of the Cross
560 Arlington St., Winnipeg

Tickets \$15 & \$10 from
Winnipeg Symphony Box Office,
McNally Robinson,
Variety Club and at the door.

Sponsors:
CJNU and Lifestyles 55
The Winnipeg Foundation

www.manitobaseniormusicfestival.ca

ROGERS™
authorized dealer

WINNIPEG

AirSource
212 Henderson Hwy.
(204) 989-2954

AirSource
1200 McPhillips St.
(204) 989-2927

AirSource
3480-1120 Grant Ave.
(204) 475-0483

AirSource
Unit 20-2583 Pembina Hwy.
(204) 261-1234

AirSource
2599 Pembina Hwy.
at Bison Dr.
(204) 261-1234

AirSource
University Centre
University of Manitoba
(204) 987-3444

AirSource
Portage Place
(204) 946-0721

AirSource
2609 Portage Ave. at Moray
(204) 954-2939

AirSource
1500 Regent Ave. W
(204) 988-3080

AirSource
St. Vital Centre Kiosk
(204) 989-2939

AirSource
St. Vital Centre
(204) 989-2940

SI Wireless Communications
1132 Portage Ave.
(204) 231-1600

SI Wireless Communications
661 Corydon Ave.
(204) 231-1650

SI Wireless Communications
Winnipeg Square
(204) 944-8070

Teleco
Kenaston Common
(Kenaston at McGillivray)
(204) 947-9570

Teleco
948 St. James St.
(204) 831-1234

Kildonan Place
(204) 667-8248

Garden City
Shopping Centre
(204) 339-8895

Polo Park
(204) 774-2412

SELKIRK

Nickel Communications
3-344 Main St.
(204) 482-9667

STEINBACH

Nickel Communications
Unit H - 197 Main St.
(204) 326-4988

WINKLER

Nickel Communications
9 - 820 Triple E Blvd.
(204) 325-4121

BRANDON

Teleco
Unit B3 - 11288 18th St.
(204) 727-0100

Brandon Shoppers Mall
(204) 571-6976

NEEPAWA

Neepawa True Value
268 Hamilton St.
(204) 476-2333

STONEWALL

TMC Distribution
325 Main St.
(204) 467-2014

PORTAGE LA PRAIRIE

Reimer Antenna Service
1000 Saskatchewan Ave. W
(204) 857-9001

SWAN RIVER

Sears Swan River
619 Main St.
(204) 734-4541

DAUPHIN

North of 51 Designs &
Computers
12 2nd Ave. NW
(204) 638-7148

THOMPSON

City Centre Mall
(204) 677-3212

THE PAS

Sound Innovations
317 Fischer Ave.
(204) 623-7171

HURRY IN – OFFER ENDS SEPTEMBER 30TH

ANDROID LIKE NEVER BEFORE



SAMSUNG GALAXY S4™
NOW \$99⁹⁹
on select 2-yr. plans

GET A NEW ANDROID PHONE & WE'LL
DOUBLE YOUR DATA* UP TO
6GB
ON SELECT PLANS

ROGERS LTE – CANADA'S FASTEST WIRELESS INTERNET¹

LIVE LIKE NEVER BEFORE™



ROGERS™
authorized dealer

«WIRELESSWAVE»

WIRELESS etc...

► FUTURE SHOP

T booth wireless



THE MOBILE SHOP
Exclusively where President's Choice products are sold.

**LONDON
DRUGS**

The Android robot is reproduced or modified from work created and shared by Google and used according to terms described in the Creative Commons 3.0 Attribution License. Offers subject to change without notice.
*Available to new and existing customers with new activation or upgrade on select plans until Sept. 30, 2013. **Eligible National Plans:** \$50, \$60 or \$75 Smart Picks plan and \$85 or \$105 individual plan or \$140 or \$160 Family Plan (each with monthly or 2-yr. term). Device eligibility varies by plan and term selected. See in-store for full details. **1** Based on tests comparing download speeds on the Rogers LTE network vs. Bell and Telus' LTE networks within Rogers LTE coverage area. LTE device, LTE SIM and plan required. Actual experienced speeds may vary based on device, topography and environmental conditions, network congestion and other factors. Rogers LTE network available in select Canadian cities. Visit rogers.com/LTE for coverage. **2** With new activation on any 2-yr. talk and internet plan having min. \$55 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXTab balance corresponds to the sum of the Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A Connection Fee of \$15 per line applies (to first invoice, applicable to new line/ device only) to activate your service on the Rogers network. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. TM ©2013 Rogers Communications



Price went down? Cheer up!

Book now and get the WestJet Vacations
Price Guarantee.*

Non-stop from Winnipeg to Las Vegas:

From **\$379*** **The Quad Resort & Casino**
★★★
Round-trip air + 3 nights + transfers
• Travel December 3, 2013
Plus \$138 taxes & fees

Plus, with the WestJet Vacations Price Guarantee*
if the price of your vacation package drops after
you've booked, just let us know and we'll gladly
refund you the difference in WestJet dollars. The
best part is you can use it an unlimited amount of
times should the price continue to drop.



Book your complete vacation package today at westjetvacations.com
or call your travel agent.



*Book by October 2, 2013 [11:59 p.m. MT]. Round-trip from Winnipeg. Other departure cities and dates available, and prices may be higher. Price is per guest, based on double occupancy unless otherwise specified. Advertised fares are based on non-stop flights unless otherwise specified. Taxes and fees not included. Taxes for U.S., Mexico and Caribbean destinations can fluctuate based on exchange rate. Fuel surcharge between \$44 - \$90 round-trip still applies to Air Miles™ redemption bookings. Transfers not included unless otherwise specified. Advance booking required. Non-refundable. Offer limited and subject to availability. Price is accurate at time of printing deadline. New bookings only. Visit westjetvacations.com for details. **WestJet Vacations Price Guarantee:** *Offer valid on a minimum 3-night WestJet Vacations booking. WestJet Vacations Price Guarantee is valid up to 21 days prior to departure. To qualify, an identical lower-priced WestJet Vacations package must be found by the guest. Approved reimbursements will be issued in WestJet dollars. Non-refundable and non-transferable. New bookings only. Not valid on group bookings. Offer is subject to change without notice. WestJet reserves the right to amend or discontinue the offer at any time. For full offer details please visit westjetvacations.com/priceguarantee. ©Registered trademark of WestJet Airlines Ltd. WestJet dollars is a registered trademark of WestJet Airlines Ltd.



Rare photo of an eagle attacking a deer

In this photo taken by a remote camera set up to track Siberian tigers at a nature reserve in the Primorye region of Russia's far east in 2011, a golden eagle attacks a deer. This is one of three photos snapped as the massive bird, which typically eats small birds and mammals, dug its talons into the animal.

THE ZOOLOGICAL SOCIETY OF LONDON/THE ASSOCIATED PRESS

Auschwitz

Man charged as a guard says he was 'only a cook'

German prosecutors said Thursday they have charged a 93-year-old man who allegedly served as an Auschwitz death camp guard with being an accessory to murder. The man, Hans Lipschis, was charged in connection with the killing of 10,500 people brought to Auschwitz on trains.

THE ASSOCIATED PRESS

Nude in B.C.

Naked man 'a nuisance,' jailed three months

A 60-year-old man who roamed around naked in the village of Clearwater, B.C., has been sentenced to three months in jail. Michael Goller pleaded guilty to four counts of being nude in public view on private property. Judge Chris Cleavely says Goller's actions have become a nuisance.

THE CANADIAN PRESS

London, England

Famed King's Cross station gets a new square

London's mayor has opened a spacious new square in front of London's King's Cross station, well known to Harry Potter fans. The tree-studded square was unveiled Thursday. In Harry Potter books, student wizards use a secret platform at the station to board the train for Hogwarts school.

THE ASSOCIATED PRESS



OPTOMETRISTS:
Dr. A. Anderson & Associates

SEPTEMBER SALE

Buy a frame and lenses and receive
a second pair free (same Rx)*



We carry the very latest in designer fashions: Gucci, Dior, Guess, Jimmy Choo, Fendi, Bebe, Oakley, Nike, Michael Kors, and so much more! Quality promotional frames also available!

90-2200 McPhillips • 204.633.7482
101 - 2265 Pembina Hwy • 204-275-2015

www.andersonvisioncare.ca

*Some restrictions apply. Cannot be combined with other discounts.

'The white widow' wanted in connection with terrorist plot

Samantha Lewthwaite. She's the daughter of a former British soldier, was born in Northern Ireland and grew up northwest of London

The tabloids call her "the white widow," a Northern Ireland-born Muslim convert who was married to one of the suicide bombers in the 2005 attack on London's transit system. And for days now, the British media have been rife with speculation she took part in the terrorist takeover at a Nairobi shopping mall.

On Thursday, Interpol, acting at Kenya's request, issued an arrest notice for 29-year-old fugitive Samantha Lewthwaite — not in connection with the mall attack, but over a 2011 plot to bomb holiday resorts in Kenya.

If Lewthwaite indeed embraced the jihadi cause, it would mark a chilling turnaround for the apparently

grieving widow who originally condemned the London transit bombings and criticized her late husband, Jermaine Lindsay, for taking part.

Officials have not made public any evidence linking her to the mall attack. The Interpol notice did not mention it. And al-Shabab, the Somali Islamic extremist group behind the takeover, denied any female fighters participated.

Interpol said this is the first time it has been asked to issue a "red notice" for Lewthwaite. The wanted-person alert said she is wanted on charges of possessing explosives and conspiracy to commit a felony in December 2011.

"Kenyan authorities have ensured that all 190 member countries are aware of the danger posed by this woman, not just across the region but also worldwide," Interpol said in a statement.

There was no immediate explanation from Kenyan police on why it asked for the alert now. **THE ASSOCIATED PRESS**



A view of a laptop computer screen showing the Interpol website, which features a "Red Notice" for the arrest of Samantha Lewthwaite, inset. She is wanted in connection with a 2011 plot to bomb holiday resorts in Kenya. OLI SCARFF/GETTY IMAGES; INSET: INTERPOL VIA GETTY IMAGES

Shipwreck recovery

Divers find remains near Costa Concordia

Divers spotted human remains Thursday near Italy's Costa Concordia cruise ship and DNA tests will determine if they are the last two bodies missing among the shipwreck's 32 victims,

authorities said.

The search for the remains of an Italian female passenger and an Indian waiter resumed after the capsized luxury liner was rotated upright last week in an unprecedented marine salvage operation 20 months after it crashed into a reef off Giglio Island.

The remains will be examined by forensic experts. **THE ASSOCIATED PRESS**

A rare find

French mountain climber stumbles upon box of jewels

A French mountain climber stumbled upon a case of dozens of cut jewels, worth hundreds of thousands of dollars — believed to be debris from one of two Air India crashes decades ago,

police said.

Police Cmdr. Sylvain Merly of France's Savoie region said the experienced Mont Blanc climber, who asked to stay anonymous, found the box marked "Made in India" while scaling one of the peak's glaciers and turned it in on Sept. 9.

Authorities hope to find someone connected with its owner. **THE ASSOCIATED PRESS**

7.7-magnitude quake

Militants target relief helicopter in Pakistan's quake-stricken area

Separatist militants fired two rockets that narrowly missed a Pakistani government helicopter surveying a region devastated by an earthquake, underscoring the dangers

authorities face in helping victims in the impoverished province of Baluchistan.

The doctor in charge of the main hospital in the area said the facility doesn't even have an X-ray machine or a laboratory and that supplies were running low, as the death toll from Tuesday's 7.7-magnitude quake climbed to 355 with nearly 700 people injured.

THE ASSOCIATED PRESS

«Personne ne me connaît mieux que Joseph Ribkoff.»

Joseph Ribkoff

«No One Knows Me Like Joseph Ribkoff.»

You are invited to our Special Event

Joseph Ribkoff Sponsor officiel de / Official sponsor Miss America

Please join us for a

Joseph Ribkoff

Trunk Sale at

Sofia's boutique

Featuring Fall's HOTTEST Styles and Spring 2014 Collection!

Date: Wednesday Oct 2
Time: 10am to 6pm

Drop by and Browse CANADA'S OWN - Women's Clothing Designer - Joseph Ribkoff's Fall, Winter & Spring 2014 Collections.

You can view and order anything in his collection in sizes 2 - 20. All Joseph Ribkoff purchases during the event will have special discounted pricing.

Fast free to arrive presents a family to this special event

Sofia's boutique

Sofia's Boutique • 836 St. Mary's Road (2 blocks South of Fermor) Winnipeg • 204-254-2595

Dominican Republic

Many Haitians
stripped of
citizenship

The Dominican Republic's top court on Thursday stripped citizenship from thousands of people born to illegal migrants, a category that overwhelmingly includes Haitians brought from their neighbouring homeland to work on farms. The decision cannot be appealed, and it affects all those born since 1929.

THE ASSOCIATED PRESS

By the numbers

The constitutional Court's ruling says officials are studying birth certificates of more than 16,000 people.

- 40,000 people of Haitian descent have been refused identification documents.
- 500,000 Haitian migrants now live in the Dominican Republic.



Prince Harry to the rescue

Britain's Prince Harry, attends a reception for MapAction at the Royal Society, in central London, Thursday. MapAction's service is unique. It's the only non-governmental organization with a capacity to deploy a fully trained and equipped humanitarian mapping and information management team anywhere in the world, often within just hours of any disasters. IAN VOGLER/THE ASSOCIATED PRESS

Ex-president
convicted of
war crimes

Historic verdict.

Taylor is the first head of state convicted by international war crimes court since the Second World War



Taylor's lawyer Morris Anyah
KOEN VAN WEEL/THE ASSOCIATED PRESS

More than a decade after fueling a murderous campaign of terror in Sierra Leone by supplying rebels with arms, Charles Taylor was definitively convicted and imprisoned Thursday for 50 years, in a ruling that finally delivered justice for victims.

The appeals chamber of the Special Court for Sierra Leone upheld the 65-year-old former Liberian president's

conviction on 11 counts of war crimes and crimes against humanity, including

terrorism, murder, rape and using child soldiers. Taylor is the first former head of state convicted by an international war crimes court since the Second World War and Thursday's confirmation was welcomed as underscoring a new era of accountability for heads of state.

"This is a historic and momentous day for the people of Sierra Leone and the region," UN Secretary-General Ban Ki-moon said in a statement.

"The judgment is a significant milestone in international criminal justice, as it confirms the conviction of a former head of state for aiding, abetting and planning war crimes and crimes against humanity."

THE ASSOCIATED PRESS

THANKSGIVING
SUNDAY BRUNCH

OCTOBER 13th

1ST SEATING 9:30AM / 2ND SEATING 12:00PM

ADULTS \$24.95 SENIORS 65 & over \$22.95

CHILDREN \$1 per year for 12 & under

3 years and under are FREE

SLICED TURKEY, CRANBERRY SAUCE,
AND GRAVYCARVED HAM SERVED WITH APPLE
SAUCE

SWEET AND SOUR MEATBALLS

QUICHE LORRAINE

BACON AND SAUSAGES

HASH BROWNS

WAFFLES (strawberries, blueberries,
and whipped cream)

OMELETTES MADE TO ORDER

ASSORTMENT OF SALADS (tossed,
Caesar, seafood, potato, coleslaw,
macaroni with ham and cheese)

CUCUMBERS AND TOMATO TRAY

ONION AND PEPPER TRAY

ASSORTMENT OF CHEESE

FRESH VEGETABLES

FRESH FRUIT

MINI BAGELS

PUMPKIN PIE

ASSORTMENT OF DESSERTS

COFFEE, TEA, AND JUICE INCLUDED

FOR RESERVATIONS CALL:
204-775-0451 ext 166THANKSGIVING
DINNER

OCTOBER 13th & 14th

1ST SEATING 3:30PM / 2ND SEATING 6:00PM

ADULTS \$26.95 SENIORS 65 & over \$24.95

CHILDREN \$1 per year for 12 & under

3 years and under are FREE

CARVED ROAST TURKEY, WITH STUFFING,
CRANBERRY SAUCE, AND GRAVY

CARVED HAM SERVED WITH APPLE SAUCE

SWEET AND SOUR MEATBALLS

PEROGIES SERVED WITH FRIED ONIONS

PENNE PASTA WITH A THREE CHEESE
MARINARA SAUCE

BUTTERED BABY CARROTS, KERNEL CORN

CREAMY WHIPPED POTATOES

ASSORTMENT OF SALADS (tossed, Caesar,
seafood, potato, coleslaw, macaroni with
ham and cheese)

CUCUMBER AND TOMATO TRAY

ONION AND PEPPER TRAY

ASSORTMENT OF CHEESE

FRESH VEGETABLES

FRESH FRUIT

DINNER ROLLS

PUMPKIN PIE

ASSORTMENT OF DESSERTS

COFFEE, TEA, AND POP INCLUDED

FOR RESERVATIONS CALL:
204-775-0451 ext 166TAKE OUT
TURKEYTURKEY DINNER \$189.99^{+taxes}HAM DINNER \$149.99^{+taxes}

PICK UP TIMES 10am - 4pm

FEEDS 8-10 ADULTS

Carved Turkey Extra \$15.00^{+taxes}Extra Pumpkin Pie \$10.00^{+taxes}

15 - 17 LB TURKEY

2 Litres GRAVY

2 Litres MASHED POTATOES

2 Litres SAGE DRESSING

3 Litres MIXED VEGETABLES
(corn, peas, carrots)

1 Litre CRANBERRY SAUCE

12 DINNER ROLLS

1 PUMPKIN PIE

CALL: 204-774-0451
Ask for Sales Office

1670 Portage Avenue, Winnipeg, Manitoba, Canada
Phone: 204.775.0451 • www.viscount-gort.com

RAMADA
VISCOUNT GORT HOTEL

1670 Portage Avenue, Winnipeg, Manitoba, Canada
Phone: 204.775.0451 • www.viscount-gort.com

Foreign-service strike. Feds and diplomats reach a tentative agreement

Treasury Board president Tony Clement says the federal government and Canada's striking diplomats have reached a tentative agreement.

Clement says in a statement that he signed a tentative agreement with Tim Edwards, president of the Professional Association of Foreign Service Officers.

The union and government have been at odds for months as the union's 1,350 members staged rotating job action at the Foreign Affairs headquarters in Ottawa and more than a dozen missions abroad.

The foreign-service staff were seeking parity with their counterparts in other federal departments, who they say make as much as \$14,000 more per year for similar work.

The union, which has been without a contract since mid-2011, has been in a legal strike

Quoted

"This labour dispute could have been completely avoided."

Paul Dewar, NDP foreign-affairs critic

position since April.

Details of the settlement were not immediately available. The union ordered an immediate suspension of all strike measures and job action.

NDP foreign-affairs critic Paul Dewar, whose Ottawa riding is home to many public servants, welcomed the settlement but blasted the government.

"This labour dispute could have been completely avoided, if the Conservatives had chosen to engage in good-faith bargaining rather than discrediting our diplomats," he said. **THE CANADIAN PRESS**



A ride through the Rideau

A cyclist makes his way along the Rideau Canal in Ottawa on Thursday. SEAN KILPATRICK/THE CANADIAN PRESS

Alberta. Teen charged in sale of synthetic weed linked to hospitalization

RCMP have arrested an Edmonton-area youth on drug charges after an investigation into two other boys who were sent to hospital in medical distress.

Police say the 14-year-old and 16-year-old who were sent to hospital had taken a

synthetic form of marijuana known as K2 or Spice.

They have since been discharged from hospital.

RCMP say a 16-year-old boy has been charged with criminal negligence causing bodily harm and breach of probation.

THE CANADIAN PRESS

Number of doctors rising alongside bill for services

More on the way.

Report says the number of physicians will continue its rise as more doctors graduate from medical school

The number of doctors in Canada is at an all-time high

and payment for their services has continued to rise in lock-step, hitting a jaw-dropping \$22 billion last year, the latest figures show.

Canada had more than 75,000 physicians working in 2012, up almost four per cent from the previous year, says a report by the Canadian Institute for Health Information (CIHI). Overall payments to physicians by provinces and

territories rose by nine per cent in 2011-12, surpassing the growth rate of six and eight per cent, respectively, in the previous two years. Canadian doctors were paid an average of about \$328,000 before taxes and expenses in 2011-12 — a five per cent increase over 2010-11. The average gross clinical payment per physician ranged from \$258,000 in Nova Scotia to

\$376,000 in Ontario.

The report suggests physician numbers will likely continue to rise in the coming years, in part because more doctors are graduating from medical schools. Last year, more than 2,600 new Canadian MDs earned their white coats, a jump of almost five per cent from 2011 and 25 per cent higher than five years ago. **THE CANADIAN PRESS**

DON'T LAYAWAY.

Take It Home Today!

GET THIS
60" PLASMA
1080p TV
FOR ONLY
\$29⁹⁹
PER WEEK
Number of Payments: 104

OR THIS
MODULAR
SECTIONAL
FOR ONLY
\$29⁹⁹
PER WEEK
Number of Payments: 78

No Credit Check • Flexible Payment Plans • Delivery, Set-up and Service Included** • No Hidden Fees

Winnipeg
#9 - 2188 McPhillips Street
(204) 633-0542

Winnipeg
1330 Unit A, Ellice Ave.
(204) 779-3531

Winnipeg
1615 Regent Ave., W Ste. 710
(204) 661-2322

RAC
 Rent-A-Centre
 800.915.1115
 rentacentre.ca

†Offer good while supplies last and cannot be combined with any other promotion. The "Total of All Payments" does not include applicable sales taxes or optional fees and other charges (such as late charges) that you may incur. Advertised rental rates and terms are for new merchandise. Prices valid in Canada only. Advertised rates valid 9/23/13 - 10/26/13. Product availability may vary by store. Free or reduced rent offers will not reduce total rent or purchase-option amounts. You will not own the merchandise until the total amount necessary to acquire ownership is paid in full or you exercise your early purchase option. Ownership is optional. Offer good while supplies last and cannot be combined with any other promotion. See Store Manager for complete details. Consulta con el Gerente de la Tienda para los detalles completos. **To restart an agreement on a returned product, Rent-A-Centre will retain your payment records for two years. Thereafter, simply bring in your last payment receipt for reinstatement. Delivery and set-up are included and RAC services and maintains the merchandise while on rent. Set-up does not include connection of gas appliances.

CAN-132040_1310_WINMET

Ottawa. Two girls plead guilty, third still on trial in teen prostitution case

Two of three teenaged girls accused of forcing other teens into prostitution have entered guilty pleas in a surprise about-face at their Ottawa trial.

Court was told Thursday that the two girls had reached a resolution with Crown prosecutors.

Justice Diane Lahaie has ordered a pre-sentence report and a psychiatric review of a girl who pleaded guilty to six charges, including human trafficking, making and distributing child pornography

and exploitation.

She is to be sentenced on Dec. 20.

A 17-year-old girl facing the fewest charges in the case pleaded guilty to four charges including exploitation, assault, uttering threats and breaching the conditions of her bail.

The third accused, a 16-year-old girl facing the most charges in the case, did not change her not-guilty plea. Her trial will continue in October.

THE CANADIAN PRESS

Duck Lake, Sask.

Boy accused of threatening to shoot school staff

Mounties have charged a 15-year-old boy after staff at a school in northern Saskatchewan say a student threatened to shoot them.

RCMP Sgt. Craig Cleary says police got a complaint on Wednesday from three staff members at Stobart Community School in Duck Lake.

The boy is charged with three counts of uttering threats and mischief and is scheduled to appear in provincial court in Saskatoon on Friday. THE CANADIAN PRESS

Families worry over jailed Canadians in Russia

Greenpeace.

Although Russian President Vladimir Putin said Wednesday the activists aren't pirates, he defended their detention

The families of two Canadian Greenpeace members jailed for two months Thursday in Russia after protesting near an oil platform remain concerned for their safety.

It has been one week since the Coast Guard seized a Greenpeace ship after several members of its crew attempted to scale the Arctic platform. The Arctic Sunrise, with 30 people on board, was towed to Murmansk in northwest Russia, where the crew is being investigated for piracy.

According to Greenpeace, 22 activists have been jailed for two months. A further

eight members are being held for three days.

Among those detained for two months are Canadians Paul Ruzycski, 48, of Port Colborne, Ont., who served as chief mate, and Alexandre Paul, 35, a boatswain from the Montreal area.

No charges have yet been brought against them. Ruzycski's sister, Patti Ruzycski-Stirling, said officials told her the two-month detention was "a preventative measure to ensure that they do not flee the country while Russia is trying to figure out what charges to lay."

She said her family remains worried, particularly because Ruzycski suffers from lupus, an autoimmune disease, and likely doesn't have access to his medication.

Paul's mother, Nicole, told the Star from her home in Pike River, Que., that Canadian diplomats have told her that her son is doing well.

TORSTAR NEWS SERVICE



Canadian Greenpeace activist Paul Ruzycski looks out from a defendant's cage in a Russian court. IGOR PODGORN/GREENPEACE/HANDOUT

JOHN MAXWELL in Winnipeg

September 30, 2013

9:00am - 4:30pm

Victoria Inn Hotels 1808 Wellington Ave.

- Author of The 21 Irrefutable Laws of Leadership
- Over 20 Million Books Sold
- World Famous Leadership Speaker
- Theme "Transformational Leadership"
- Clients include Microsoft, United Nations and General Electric



krys development group INC.

The Chamber
The Winnipeg Chamber of Commerce

Schumacher
Business Solutions

CHITREX

AM 680
CJOB

ICMITS 107

Leadership

A portion of the proceeds go to Siloam Mission
Register now at johnmaxwellinwinnipeg.com • 204-295-9070

Presented By Impact Leadership Consulting and The Winnipeg Chambers of Commerce

Join the Celebration!

Support the next 75 years at Red River College. Build our Future. Buy a Brick.

Engraved brick walkways are a great way to celebrate those with a special connection to Red River College.

- Proceeds go to the College's 75th Anniversary Endowment Fund
- Walkways will be located at the Notre Dame and Exchange District Campuses
- Honour a friend or loved one, or mark a special occasion. It's up to you!

Don't miss this chance to ensure you'll be a part of our lasting legacy.
For more information, visit rrc.ca/buyabrick

For a complete listing of our 75th anniversary events, visit rrc.ca/75years

Your commitment
to the College -
set in stone!



Notorious Kingston 'pen' will close doors for good

Canada's Alcatraz.

Historic prison has been home to serial killers such as Clifford Olson and Paul Bernardo

Child killers, rapists, drunks, horse thieves and even boys and girls have all spent time within its high, foreboding walls. Hard time.

Within days, however, its cells will be empty and the historic Kingston Penitentiary, the country's most notorious prison, officially closes.

Since its opening in June 1835, the lakeside "pen" some have dubbed Canada's Alcatraz has been home to assorted miscreants and a veritable who's who of the country's worst criminals.

In recent times, the list includes serial child-killer Clifford Olson; Paul Bernardo,



A photo taken inside the Kingston Penitentiary in the early '90s. DICK LOEK/TORSTAR NEWS SERVICE

who raped and killed two schoolgirls; and Mohammad Shafia, who helped drown his three teenaged daughters.

Appropriately, perhaps, it's long been known by prisoners as the Hall of Shame.

Lee Chapelle, a property offender who spent relatively

short stints in "KP" in 2001 and 2008, says it was an old rundown dirty "dungeon" that stood out among the various prisons he'd been in.

"The moment you go through the gates, there is a darkness about it," Chapelle said from Goderich, Ont.

The penitentiary, among the oldest continuously used prisons in the world, is closing because the federal government says it is outdated and too expensive to run. Its future, perhaps as some kind of tourist attraction, is uncertain. **THE CANADIAN PRESS**

ZELCER Denture Clinics



Friendly
Experienced
Trusted

ZELCER
Denture Clinic -
Established in 1958 by
the "original Joe"

Hartley Zelcer D.D., B.Sc., DENTURIST
30 years experience!

Same day
Dentures!

* Best Service

* Best Quality

* Best Prices

- Upper & lower dentures
- Partial dentures
- Denture over implants
- Denture repairs & relines
- Free denture cleaning

Specializing in cosmetic dentures!

WINNIPEG, MB
1570 Main St. at Reliance Plaza
(main at McAdam)
tel: 204-586-3725 or 204-589-1461

SELKIRK, MB
315 Main St.
tel: 204-482-4235

Give empty beverage containers a new life.

The end of your drink
is just the beginning.

Empty bottles, cans, cartons and juice boxes have incredible potential, as long as they don't end up in the landfill. So whether you're at home or away, look for a blue bin and recycle all your empty beverage containers.

To find out more about what
beverage containers can become, visit
RecycleEverywhere.ca



Ireland's alco-holiday prompts introspection

Dublin. Arthur's Day, a Guinness-sponsored annual festival, leaves a bad taste for many

Ireland's love affair with pub and pint is sparking national soul-searching as never before because of an unofficial holiday dreamed up by Guinness.

Thursday's celebrations of Arthur's Day, honouring the 18th-century founder of Ireland's quintessential drink, featured surprise musical performances in 815 pubs and clubs across Ireland as well as concerts worldwide from Malaysia to Jamaica.

Launched in 2009, Guinness says the annual festivities provide a needed tonic for a 7,500-strong Irish pub network struggling to maintain profits in the face of a five-year debt crisis that has ravaged employment and incomes.

Not a supporter

"They shouldn't call it Arthur's Day. They should call it Vomit Day."

Convenience-store manager Aisling Fitzsimons, who has to hose down the sidewalk outside the store most weekends

Many pubs are offering free pints of the dark-brown stout at 5:59 p.m. — a reference to the founding of Guinness in 1759 — followed by the appearance of a band or singer, among them internationally popular acts, many kept secret until that moment. All entertainers are paid by Guinness's British parent, Diageo.

"It's really a musical treasure hunt. It's one of my favourite nights of the year," said David Doolan, a 28-year-old software engineer who plans to follow tweeted tip-offs as musical acts turn up in Dublin pubs. He's caught parts of impromptu perform-

ances by Tom Jones, Mumford & Sons and Stereophonics in past festivities.

But this year, Guinness has been put on the defensive amid surging protests that Arthur's Day is compounding an alcoholic culture that costs Ireland about \$5.15 billion annually in hung-over workers, a Europe-leading rate of liver disease, late-night vandalism and violence in hospital emergency rooms.

"They shouldn't call it Arthur's Day. They should call it Vomit Day," said Aisling Fitzsimons, a 50-year-old manager of a convenience store who says she has to hose down the sidewalk outside most weekends.

Two performers who definitely aren't playing are Irish folk singer Christy Moore and the Celtic rock band The Waterboys. Both have penned anti-Arthur's Day songs that harness an Irish sense of unease of being played for fools by a brewing behemoth.

THE ASSOCIATED PRESS



Arthur's Day, an annual celebration invented by Guinness, is seen by some as a chance to see surprise performances by top musical acts. But others see it as an event that compounds Ireland's alcohol culture. LIZ BEDDALL/METRO FILE

ESCAPE FROM "WINTER-PEG" ... TO GORGEOUS TROPICAL BEACHES!

ENERGY 106

WINTER GETAWAY

LISTEN WEEKDAYS AT
7:40AM, 12:40PM & 4:40PM

**BE THE SIXTH CALLER AND YOU'LL QUALIFY FOR
 A 7 NIGHT TRIP FOR TWO TO THE GRAND SIRENIS
 RIVIERA MAYA RESORT & SPA IN CANCUN, MEXICO**

BROUGHT TO YOU BY

GRAND SIRENIS
RESORTS & SPA

MORE
SUN FOR
EVERYONE
nolitours.com

ENERGY 106.FM

HURRY!

Over \$170,000 in Early Bird Prizes!



DEADLINE MIDNIGHT TONIGHT

CALL 204-940-5437

metronews.ca
WEEKEND, September 27-29, 2013

BUSINESS

21



Twitter, YouTube and other digital platforms are changing the way companies in Canada do business, as well as creating jobs and adding economic value, a new report says. PHOTO ILLUSTRATION DAVID VAN DYKE/METRO

Digital giants contribute \$7.3B to Canuck economy

New report. Industry also faces challenges including lack of R&D and skilled workers

Facebook, YouTube and other digital platforms contribute \$7.3 billion a year to Canada's economy and employ nearly 80,000 people, a report says.

Whether they're being used to disseminate music, provide remote access to health care or interact with customers, digital platforms are transforming businesses and creating efficiencies, the report, called Canada's Digital Imperative:

Measuring Digital Platforms' Labour Market and Economic Impact, said.

However, the industry also faces challenges, including constraints on corporate resources, lack of skilled workers, and inadequate research and development, the report by the Information and Communications Technology Council found.

"Digital platforms are increasingly providing enterprises with greater connectivity, resulting in profound changes in the way they do business and create and deliver digital content," the report said.

The report defines digital platforms as anything that allows content producers and

New jobs

22,000

The industry is expected to double within five years to \$14.8 billion a year in revenue, while employment is expected to increase by more than one-quarter, creating 22,000 new jobs by 2018, the report estimates.

consumers to interact, including social media such as Facebook, user-generated content such as YouTube and meeting applications such as WebEx.

The industry is expected to double within five years to \$14.8 billion a year in revenue, while employment is expected to increase by more than one-

quarter, creating 22,000 new jobs by 2018, the report estimates.

Most of the revenue and jobs are attributed to companies that have adopted digital platforms. Canadian companies that provide digital-platform services represent less than 20 per cent of the sector, the report said. Three-quarters of Canadian businesses say they use at least one digital platform for communicating either with staff or customers or suppliers, the study found. Nearly half said using digital platforms helped cut costs. Half also said digital platforms significantly improved customer service.

TORSTAR NEWS SERVICE

Social media

Twitter, NFL ink deal to show football videos

The National Football League has struck a deal to show game highlights and other video content on Twitter ahead of the micro-messaging service's initial public offering of stock.

The deal is part of Twitter's Amplify program, which lets TV broadcasters show ad-supported video clips in users' Twitter feeds as users discuss what they are watching on TV. Other partners include The Weather Channel, the National Basketball Association, Warner Music and CBS.

Content will include highlights from NFL Network's Thursday Night Football and clips from other regular-season and post-season games, along with news, analysis and fantasy-football advice.

THE ASSOCIATED PRESS



The NFL said this is the first time it has partnered with a social-media company. THE ASSOCIATED PRESS FILE

Telecom

Rogers, Sprint to offer wireless system in cars

Rogers Communications and U.S. wireless carrier Sprint Corp. say they will offer Canadians high-speed Internet access in their vehicles through a new service announced Thursday.

The service will be available from auto manufacturers that deploy Sprint's Velocity system in Canada and it will leverage Rogers' wireless networks to connected vehicles on the road.

Vehicles with Sprint Velocity will have access to news, sports scores, weather alerts, driving directions and vehicle diagnostics via an in-dash touch screen, they say. THE CANADIAN PRESS

Market Minute



DOLLAR
96.96¢ (unchanged)



TSX
12,841.62 (+4.91)



OIL
\$103.03 US (+37¢)



GOLD
\$1,324.10 US (-\$12.10)

Natural gas: \$3.58 US (+9¢)
Dow Jones: 15,328.30 (+55.04)

FOOT PAIN?



CALL TODAY:
204-783-3355

Located:
The Bay 4th floor 450 Portage ave
Old St.Vital 75 St.Anne's Rd

Join the Celebration!

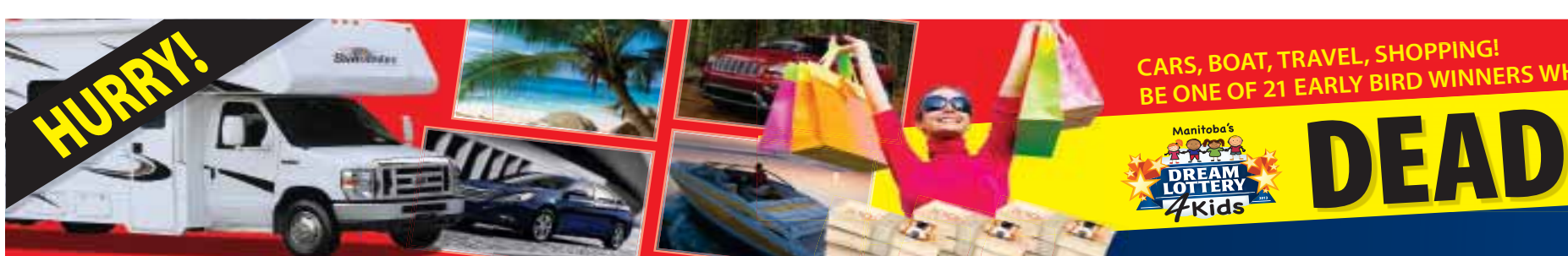
Support the next 75 years at Red River College. Build our Future. Buy a Brick.

*Your commitment
to the College -
set in stone!*

Engraved brick walkways are a great way to celebrate those with a special connection to Red River College.

Don't miss this chance to ensure you'll be a part of our lasting legacy. For more information, visit rrc.ca/buyabrick





CARS, BOAT, TRAVEL, SHOPPING!
BE ONE OF 21 EARLY BIRD WINNERS

Manitoba's
DREAM LOTTERY
4 Kids

DEAD

GLOBAL CHANGE NO SMALL GRATIFY

1 Social Good Summit. This conference in New York was trending on Twitter under the hashtag #2030now. It focuses on the innovative role new media can play in shaping long-term, sustainable solutions to the planet's ills, from human rights to poverty. Actor/social do-gooder Ian Somerhalder was on one panel and said we can use social media "to create quantifiable change globally." Let's do it.

2 Terry Fox. Canada's national treasure, who has inspired generations with his Marathon of Hope to raise awareness and money for cancer research, was inducted into Canada's Walk of Fame Saturday. The fight on Terry's behalf will continue until a cure is found. You can watch the Walk of Fame Awards on Oct. 27 on Global.

3 #WeirdEmmys. The Emmys were trippy and awkward, starting with Will Arnett's orange glow tan and continuing with the curious picks for winners and the, er, lifeless tributes to recently deceased actors. Many people ended up switching to Breaking Bad or, in my case, to the season premiere of Battle of the Blades on CBC. Or it just put them to sleep before they could even channel-surf.



THE METRO LIST
Neil Morton
metronews.ca

4 Dream Job. Richard Peddie, the former CEO of Maple Leaf Sports and Entertainment, has a new book, *Dream Job*, coming out Oct. 22. It promises to take us behind the scenes at MLSE and inside the boardrooms and dressing rooms of major-league sports. This is a must-read — but one I wish included a chapter on a Stanley Cup or NBA title run for the Leafs and Raptors.

5 Agents of S.H.I.E.L.D. Marvel's newest TV series, an offshoot of *The Avengers*, premiered Tuesday on ABC to great ratings — fuelled by a buzz campaign that saw it achieve one million fans on its Facebook page before it even aired, apparently a new record for a series launch. Further proof that everything good can be traced back to social media.

6 Dragons' Den season 8. The iconic Canadian show that has inspired countless entrepreneurs begins its eighth season next Wednesday (Oct. 2) at 8 p.m. on CBC. Special episodes this year include an only-in-Canada episode highlighting products that only Canucks could have drummed up. Such as scrotum lotion. I'm scratching my head wondering why I didn't come up with that first.

7 River Phoenix. A book called *Last Night at the Viper Room*, due out in October, tells the life and death story of acclaimed actor River Phoenix at age 23 in 1993. The teen idol (*Stand By Me*) died of a drug overdose in front of the West Hollywood club. What Cory Monteith was to the teens/teens of this generation, River was to those of his generation.

8 Breaking Bad. The finale of this show, considered one of the best dramas ever, is this Sunday on AMC. Now that it's over, I think it's about time I start watching this show and discover how remarkable Bryan Cranston is.

9 Anna Faris. It's always amusing to see people get on Twitter and figure out how it works. Like actress Anna Faris, who started tweeting recently, and had gems like this: "What the heck is retweeting? And why does it feel so good?" And, "I feel like the world needs to know that mayonnaise is my favorite condiment #amissupposedtohaveeverytime."

10 Gratisfries. You can now get a Whopper with lower-fat french fries, as Burger King is introducing Gratisfries, which have 40 per cent less fat and 30 per cent fewer calories than rival fast-food fries. Now McDonald's has to introduce a GratiMac to answer the bell.



Follow The Metro List on
Twitter @TheMetroList

ZOOM

Ghana students walk the walk



COURTESY IAN YACOBUCI

Breaking through child labour in Africa

At first glance it looks as though these students share the same struggles as any other student: homework assignments, curfew and chores.

But in actual fact they have worked hard with their community for the chance to obtain an education in a village that is plagued with child labour in the oil palm industry.

One-third of children in Nyameyiekrom, in the western region of Ghana, cannot attend school because they are needed to chop oil palm fruits with heavy, bladed poles by climbing high up the trees. **METRO**

Free the Children

- In 2008, the community of Nyameyiekrom built a small school out of bamboo for four teachers and 288 students.
- Free the Children has since built an additional school room, and are confident they will be completing more rooms with latrines and water sources in the future.
- Visit metowe.com/trips to get involved.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

Whether you watch the show or not, a glance at Twitter or eavesdropping on co-worker conversations makes it perfectly clear we've hit peak *Breaking Bad*. If you do watch the series, there's going to be a substantial hole to fill your free time with after Sunday's finale. These will do the trick.



COURTESY GINO SANTA MARIA

Orphan Black: The other performance/show certain folks couldn't stop talking about this year was the mighty Tatiana Maslany swapping costumes and characters as if she were brushing away a fly in this Toronto-based sci-fi clone mystery. (Available for purchase on iTunes)

Peep Show: We don't know what's in store for us Sunday night, but we can all be pretty confident it will be bleak. Cleanse the palate with one of the U.K.'s funniest shows. A simple Odd Couple

setup shot entirely from the characters' first-person perspective, it's an endlessly entertaining parade of bad behaviour and poor life decisions. (Streaming on Netflix)

House of Cards: No, not the Kevin Spacey joint that peppered bus stops and subway stations when it debuted a while back. Head for the BBC original, where the increased subtlety of the scheming nicely reflects the difference between the U.S. and British political systems. (Streaming on Netflix)

Twitter



@nmlaire: This is why I stick with Google maps

@metropicks asked: A glitch in the Apple map app directs drivers to the Alaska airport runway. Are we becoming too dependent on technology?

@AidanNg: Technology is invented to assist and not to be blamed. We as users, are. There's a difference between being dependent and lazy

@sheldoncoelho: No, we're becoming too dependent on Apple products.

@PXAbrstraction: When you pay hundreds for a phone, it should do its job properly. But people should pay bloody attention.

@AlexGoatcher: I work in a visitor centre & the amount of people who are map illiterate scares me. They ask for addresses for mountains & lakes

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: winnipegletters@metronews.ca

WHEN YOU BEAT THE DEADLINE! OR CHOOSE CASH!

LINE MIDNIGHT TONIGHT

DreamLottery4Kids.ca OR **204-940-5437**

License No. MGCC1517RF

Plus
FREE
65 Days
of winning

metronews.ca
WEEKEND, September 27-29, 2013

SCENE

23

Synopsis

When we first meet Niki Lauda (Daniel Brühl) and James Hunt (Chris Hemsworth) they are third stringers, talented Formula Three drivers desperate for a chance to move up to the big show. Bad blood flows between the two, stemming back to an incident when Hunt edged Lauda off the track the first time they faced off against one another. Cut to the 1976 Formula One season. Lauda seems unstoppable, until tragedy strikes and Lauda is badly burned in a fiery crash. During his recuperation Hunt rises in the ranks, leading to a showdown for the World Championship at the Japan Grand Prix.

- Richard: ●●●●●
- Mark: ●●●●●

Reel Guys

RICHARD CROUSE AND MARK BRESLIN



Rush keeps the sappy on the sidelines and lets the racing do the driving. CONTRIBUTED

Some spark, some fumes

Rush. Ron Howard's race flick leaves the romantic storyline in the pit and allows the realism of those hairpin turns to tell the story

Richard: Mark, in some ways Rush is a paint-by-numbers story — Formulaic One, maybe? — of opposites.

Lauda and Hunt face off in predictable ways — the kind of thing we've seen in other sports films — but the film really takes off in its second half when the characters show some growth and the racing scenes take centre stage.

Director Ron Howard

takes us inside the cars — literally.

The races are exciting, visceral and as close as I'll ever get to rounding a hairpin curve at super sonic speeds. What did you think?

Mark: The races are well done, no doubt.

But there has to be more, and often there is. I loved the groovy Euro-'70s milieu of the movie, the sensuality of the cars themselves, and the behind-the-scenes politics of the Formula One game. But the movie is episodic, and lacks — wait for the pun — narrative drive.

Chris Hemsworth is an arrogant rogue in the Lightning McQueen mode, but Daniel Brühl plays a rival racer with the soul of an actuary.

Neither of them are exact-

ly nice guys; in fact, they're a couple of grand prix.

RC: Ha! I liked Brühl.

It would have been easy to play Lauda as a one-note egotist, but as his character finds his passion after the horrific accident, Brühl adds complexity, bringing him to life as a fully rounded man.

Hemsworth hammers it home, proving there is more to him than playing superhero Thor in The Avengers movies, but I really thought Brühl showed the most range.

MB: Burning half your face off will often give you that range.

He goes from a man who won't smile to one who can't smile.

But he's also an unsympathetic martinet for a lot of the

movie, and I kept waiting for Ron Howard to go back to the Hemsworth story, which was more fun. How do you think the movie stacks up against classic racing movies like Le Mans or Winning?

RC: I think it compares well to movies like Winning, Grand Prix and Days of Thunder, but the racing flick it has most in common with has to be Le Mans, just for sheer speed-demon spirit. Remember Steve McQueen's famous quote about racing? "Anything that happens before or after ... is just waiting."

MB: A good quote indeed. I thought Rush was a bit more realistic than the other movies, less romanticized, and had the balance of storyline and racing just about right.

2 SCENE

MANOHAR PERFORMING ARTS OF CANADA
PRESENTS

20/20

AFTERIMAGES

DANCE REFLECTED IN THE MIND'S EYE

**A MULTIMEDIA CELEBRATION OF INDIAN DANCE
IN WINNIPEG!**

For its 20th Anniversary performance,
Winnipeg's Manohar Performing Arts is looking back
with 20/20 hindsight; and looking forward with 20/20 vision.

Saturday September 28th, 2013 at 7:30 pm
Pantages Playhouse Theatre, 180 Market Avenue, Winnipeg

Tickets: \$20, \$35, \$50

Call: 204-837-3757; Also available online

ticketweb.ca



ALREADY OVER \$750,000 Winner takes half!

License No. MGCC1517RF

ORDER TICKETS

DreamLottery4Kids.ca

PHONE
204-940-5437

TOLL FREE
1-855-886-5437

TICKETS AT ST. VITAL CENTRE
LONDON DRUGS

SUPPORTING
Hôpital St-Boniface Hospital



metro

24

SCENE

metronews.ca
WEEKEND, September 27-29, 2013

Games

Angry Birds Star Wars II



MIND THE APP
Kris Abel
@RealKrisAbel
scene@metronews.ca

iPhone/iPad/Android \$0.99

Yoda may finally be in the slingshot for this Star Wars-themed sequel, but it's the Emperor (voiced by Ian McDiarmid) who steals the show with "pork side" cackles.



Drama



Enough Said

Director. Nicole Holofcener

Stars. Julia Louis-Dreyfus, James Gandolfini

•••••

A confused L.A. masseuse meets a man at a party and begins an unlikely romance. That same night, she meets a woman she feels could be a good friend. But when she discovers their relationship, she can't withdraw. Julia Louis-Dreyfus is the deceitful masseuse, trapped in a selfish desire to have a friend and a boyfriend. Dreyfus is charming and zany and really wants to be mature, but watching James Gandolfini break his own mould to play a sensitive romantic and stretch in new ways is especially bittersweet.

ANNE BRODIE

Comedy



Don Jon

Director. Joseph Gordon-Levitt

Stars. Joseph Gordon-Levitt, Scarlett Johansson

•••••

For a first attempt at writing and directing a movie, Don Jon is a promising peek at what Joseph Gordon-Levitt may have up his sleeve. In the case of this R-rated inception into filmmaking, it's a profane portrayal of a young porn-addicted Romeo who falls for the seemingly ideal woman (Scarlett Johansson). As the film progresses, Gordon-Levitt's storyline slumps a bit by repetition, but compelling performances (and a couple clever cameos) definitely compensate this crass comedy.

STEVE GOW

Drama



The Spectacular Now

Director. James Ponsoldt

Stars. Miles Teller, Shailene Woodley

•••••

The Spectacular Now may be this generation's The Breakfast Club. It's by no means as funny — it doesn't intend to be — but similar themes (and even the tidy use of an essay as an epilogue) are definitely present. In the film, a charming teen reluctantly falls for his rebound girlfriend even as he battles burgeoning alcoholism and a fuzzy future. Deftly directed by James Ponsoldt (Smashed), few films deal with teenage drama with such skilled tenderness.

STEVE GOW

Animation



Cloudy With a Chance of Meatballs 2

Directors. Cody Cameron & Kris Pearn

Stars. Bill Hader, Anna Faris

•••••

After destroying his water-into-food machine, Flint Lockwood (Bill Hader) assumes his hometown is safe from oversized food. But soon after accepting a job from his hero Chester V (Will Forte), Flint learns that his malfunctioning machine is creating a new menace: food animals. And once again, Flint and his gang must save Swallow Falls. What this fun, imaginative sequel may lack in premise, it makes up for in fantastic animation, wild inventions and even wilder "foodimals." **REGAN REID**

Documentary



Metallica: Through the Never

Director. Nimrod Antal

Stars. Metallica, Dane DeHaan

•••••

It is difficult to imagine how anyone who's not already a fan might care about Metallica: Through the Never (although a band that has sold 100 million albums globally has a pretty solid base). In what's essentially a 90-minute music video, the concert film weaves a strong riot-themed narrative amidst the metal legends' greatest hits. While filmmaker Nimrod Antal makes it all palatable on the screen, you'll still feel pretty assaulted by the monotony — unless you're a metal-head.

STEVE GOW



THE WAIT FOR AN UTTERLY DELIGHTFUL, GROWN-UP ROMANTIC COMEDY IS OVER.

Mara Reinstein, **US** weekly

Julia Louis-Dreyfus

James Gandolfini

Catherine Keener

Toni Collette

Ben Falcone

Enough Said



PG MATURE THEME

WRITTEN AND DIRECTED BY NICOLE HOLOFCENER

www.enoughsaidmovie.com

DOLBY DIGITAL

SEARCHLIGHT PICTURES

EXCLUSIVE ENGAGEMENT STARTS TODAY!

Check theatre directory or go to www.tribute.ca for showtimes

CINEPLEX ENTERTAINMENT
SILVERCITY POLO PARK

wag

NUIT BLANCHE

SATURDAY SEPTEMBER 28 6PM-4AM

It's our annual all-night celebration of the arts featuring:

- Public opening of *Storm and Spirit: The Eckhardt-Gramatté Collection of German Expressionist Art*
- Montreal audio/visual duo le Révélateur

- DJ Mama Cutsworth (12pm-2am)
- Montreal artist Dean Baldwin's Rooftop Acropolis (2-4am)

Visit wag.ca for details.

Winnipeg Art Gallery 300 Memorial Blvd • 204.786.6641 • wag.ca

Floating over adversity: Bullock displays gravitas in new space film

Gravity. Star of *Speed*, *The Heat* learns to convey more with less in a weighty role about a weightless astronaut



IN FOCUS
Richard Crouse
scene@metronews.ca

"I think we need to make another movie about how we made this movie," says Sandra Bullock on the filming of *Gravity*, her new lost-in-space film.

The *Heat* star plays Dr. Ryan Stone, an astronaut untethered from her space shuttle following a debris storm. Cut loose from her space partner (George Clooney) and her ride to Earth, she drifts through the inky dark-

ness until discovering a way to survive.

"The film is about adversities, and we were going through adversities," says director Alfonso Cuarón. "Everything was a big challenge."

Technically, the shoot was arduous. Recreating the zero-gravity of space required Bullock to learn to move at 30 per cent of her usual speed, and to be trussed up like a marionette on a 12-wire system and other torturous devices.

"We had a consultant from Guantanamo Bay come in," jokes Cuarón.

Emotionally the shoot also presented issues. How could Bullock portray the impassioned inner life of the character when covered with a helmet and spacesuit for much of the performance?

"I think every actor will tell you that they are always



Sandra Bullock in a scene from *Gravity*. COURTESY WARNER BROS. PICTURES

panicked about being able to convey something with the least amount of preciousness," she says. "If all you have are your eyes or your

face, just feel it truthfully. For me, I didn't think about being behind the visor. It was still my whole body feeling it.

"But a lot of times you'd feel yourself emoting something and they'd say, 'No, we didn't see anything.' I just had to trust in what (Cuarón)

saw. I saw nothing. I heard nothing. I had him in my head and I just had to trust that.

"It's a weird profession. You have to unscrew your head and screw on this other head of what this other person is going through and you go, 'Wow, that's not a pretty place to live all day.'"

Working with Clooney, who she's known since before they both were famous, also provided support.

When she was having trouble with a particular scene, Clooney sent an email with a some suggestions on how to make it work. "It's not my business," he wrote, "so throw this in the trash or use it."

As it turns out, his ideas were bang-on. "That's the gift of knowing someone for so long," she says. "He gives you gold tidbits like that. It's sweet."

"DAZZLING. A BETTER-THAN-THE-BEST-SEAT-IN-THE-HOUSE EXPERIENCE."

DREW MCWEENY, HITFIX



METALLICA
THROUGH THE NEVER

EXPERIENCE IT IN IMAX 3D

14 VIOLENCE PICTUREHOUSE BLACKENED THROUGH THE NEVER MOVIE CA FACEBOOK.COM/EONEFILMS YOUTUBE.COM/EONEFILMS

EXCLUSIVE ENGAGEMENT STARTS TODAY

Weekend Showtimes: 1:40, 3:55, 6:10, 8:25 & 10:40 PM Sat Mat: 11:20 AM

CINEPLEX ENTERTAINMENT
SILVERCITY POLO PARK
817 ST. JAMES STREET • 774-1001

A CLEVER, HIGHLY AMUSING LOOK AT SEX, LOVE AND THE PERVERSIVE POWER OF PORN

TORONTO STAR

BRILLIANT, GUTSY, AND FANTASTIC

TWITCH

IT'S A MOST SEDUCTIVE COMEDY

NATIONAL POST

tiff.



JOSEPH
GORDON-LEVITT

SCARLETT
JOHANSSON

JULIANNE
MOORE

WRITTEN AND
DIRECTED BY
JOSEPH
GORDON-
LEVITT

DON JON



HITRECORD FILMS

REMSTARFILMS.COM

REMSTARFILMS



NOW PLAYING



Colin Hanks poses at the Guess Portrait Studio during the Toronto International Film Festival on Sept. 6 in Toronto. LARRY BUSACCA/GETTY IMAGES

Little moments tell a big story in John F. Kennedy film

Parkland. Movie relives Kennedy's assassination and doesn't shy away from focusing on the infamous day's 'supporting characters'



NED EHRBAR
Metro World News in Hollywood

Colin Hanks joins a huge cast to relive the assassination of John F. Kennedy and the days that followed in *Parkland*, coming out as the 50th anniversary of the event itself approaches. It gave Hanks a unique view on history and, as the chief surgeon on duty at Parkland Memorial Hospital that day, a chance to play doctor.

It's got to be an interesting challenge playing for this kind of historical accuracy.

The whole goal of this was to show it as it really was, not to play up the importance in that here's this incredibly important day that people will talk about for the next century or the next 40 or 50 years. We were really playing the importance of, "This is happening right now." The whole point of this film is to look at those moments that have been overlooked, that are not necessarily the first thing that people think about when they think about the Kennedy assassination. The stories of the people that were involved — that I call the sort of supporting characters that were on the periphery — they were thrust into a scenario where obviously for the rest of their lives they were thinking about this. So for me, I was really interested in trying to capture that elusive sort of moment in time where you just don't know what's going on and you're just trying to get your bearings. And most of the

time, you're failing.

In your research, was there anything you learned that surprised you?

Well, I mean there's tons of stuff. The idea that the same doctors were on call when Kennedy and Oswald were brought in, I had no idea. That they even brought them to the same hospital, those kinds of things. Those little moments of history I think are really the most fascinating, and I think are also quite frankly the ones that people gravitate toward. Those little moments, I think, always speak much louder than any of the specifics that you can get into.

How much discussion was there on set about the conspiracy theories or the Oliver Stone side of things?

None, none. There was really no conversation, none of us really talked about it. You know, obviously I was only there for a small portion of the

filming. It was almost like we were making our own different films and we sort of threw them all together. But it was never really a conversation. I think the goal and purpose that we had was to be so focused on these three days to not think about anything else. So that was all that we were really focused on.

You're shooting in a very confined space.

Yeah, we had 25 people in a small room, you know? And two of them were holding cameras and there was a boom operator and that was it. So it was a different way of making the movie, but again we were just focusing on those real moments. It sounds redundant because you always try to do that in any job, but this one was a different kind of acting than what I was used to and a different kind of story. We're telling a different aspect of a story that people think they already know a lot about.

RYAN KWANTEN SARA CANNING WITH WILL SASSO AND CATHERINE O'HARA

Leo just met the love of his life. At her wedding.

the right kind of wrong

You could **WIN** advanced screening passes to see **the right kind of wrong**

visit **clubmetro.com** TO ENTER

e one entertainmentone

IN THEATRES THIS OCTOBER

Facebook.com/rightkindofwrong YouTube.com/rightkindofwrong

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Batman vs. Superman screenwriter won't bow to fan pressure

Superheroes don't ever bow to fan pressure — that's according to screenwriter David S. Goyer, who is co-writing the new Batman vs. Superman movie.



He's currently working on the script for the upcoming comic-book character showdown with director Zack Snyder.

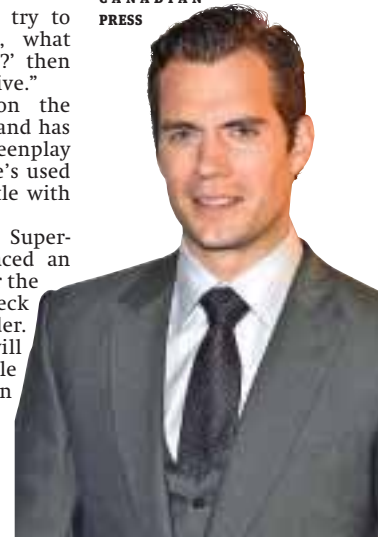
Goyer says, "If I try to think about, 'Well, what would the fans like?' then you stop being creative."

Goyer worked on the Dark Knight trilogy and has the Man of Steel screenplay under his belt, so he's used to doing a little battle with popular opinion.

And Batman vs. Superman has already faced an online backlash after the casting of Ben Affleck as the caped crusader. Co-star Henry Cavill will reprise his role as Clark from Man of Steel.

Batman vs. Superman" is set for a summer 2015 release.

THE CANADIAN PRESS



THESE PAGES COVER MOVIE START TIMES FROM FRI., SEPT. 27 TO THURS., OCT. 3 TIMES ARE SUBJECT TO CHANGE.

Cinema City McGillivray
2190 McGillivray Blvd.

Cloudy With a Chance of Meatballs 2 (G) No Passes Fri 4:05 No Passes Sat-Sun 12:50 No Passes Mon-Thu 4:05
Cloudy With a Chance of Meatballs 2 3D (G) No Passes Fri 6:45-9:10 No Passes Sat-Sun 3:10-5:30-7:50-10:15 No Passes Mon-Thu 6:45-9:10
Don Jon (R) No Passes Fri 5:35-8-10:20 No Passes Sat-Sun 1:05-3:20-5:35-8-10:20 No Passes Mon-Thu 5:35-8-10:20 No Passes Fri 7:40-10:40 No Passes Sat-Sun 4-7:40-10:40 No Passes Mon 7:30-10:10 No Passes Tue 7:30-10:30 No Passes Wed-Thu 7:30-10:10
The Family (14A) Fri 4:30-7:15-10 Sat-Sun 1:50-4:30-7:15-10 Mon-Thu 4:30-7:15-10
Insidious: Chapter 2 (14A) Fri-Thu 4:25-7-9:40
Lee Daniels' The Butler (14A) Fri 4-6:55-9:55 Sat-Sun 1:05-4-6:55-9:55 Mon-Thu 4-6:55-9:55
Planes (G) Sat-Sun 2:10
Prisoners (18A) Fri 4:15-7:30-10:45 Sat-Sun 1-4:15-7:30-10:45 Mon-Thu 4:15-7:30-10:45 Fri 6:30-9:45 Sat-Sun 3-6:30-9:45 Mon 8 Tue 6:30-9:45 Wed-Thu 8 Rush (14A) No Passes Fri 4:40-7:40-10:30 No Passes Sat-Sun 2-4:40-7:40-10:30 No Passes Mon-Thu 4:40-7:40-10:30 No Passes Fri 7:05-10:15 No Passes Sat-Sun 3:30-7:05-10:15 No Passes Mon 7-9:45 No Passes Tue 7-10:10 No Passes Wed-Thu 7-9:45
We're the Millers (14A) Fri 5-7:50-10:25 Sat-Sun 2:05-5-7:50-10:25 Mon-Wed 5-7:50-10:25 Thu 4:10-10:25

Cinema City Northgate
1399 McPhillips Street

Besharam (STC) Wed-Thu 5:20-8:30
The Conjuring (14A) Fri 9:10 Sat-Sun 10 Mon-Thu 7:55
Ekstra (PG) Fri 7:10-9:45 Sat-Sun 2-4:35-7:15-9:45 Mon-Thu 5:50-8:20
Getaway (PG) Fri 7:35-9:50 Sat-Sun 1:50-4:15-6:50-9 Mon-Thu 5:45-8:15
Haani (PG) Fri 7:05-10:20 Sat-Sun 1:20-5-8:20 Mon-Thu 5:20-8:35
Kick-Ass 2 (18A) Fri 7:20-9:50 Sat-Sun 1:30-4:10-7-9:30 Mon-Thu 5:25-8
The Lone Ranger (PG) Fri 7-10:10 Sat-Sun 1:45-5-8:10 Mon-Thu 5:25-8:40
On the Job (14A) Fri 7:15-10 Sat-Sun 1:10-4:20-7:25-10:20 Mon-Thu 5:30-8:25
Pacific Rim (PG) Sat-Sun 1:40
Pacific Rim 3D (PG) Fri 7:25-10:15 Sat-Sun 4:30-7:20-10:10 Mon-Thu 5:40-8:30
Turbo (G) Sat-Sun 12:50-3:10
Turbo 3D (G) Fri 6:50 Sat-Sun 5:30-7:45 Mon-Thu 5:35

Cinematheque
304-100 Arthur

The Abba Sing Along (STC) Sat 9:30
No Films Showing Today (STC) Mon-Thu
WNDX Festival of Moving Image (STC) Fri 12-7-9 Sat 3-5-7 Sun 1-3

City Cinema - Northgate
1399 McPhillips

The Conjuring (14A) Fri 9:10 Sat-Sun 10 Mon-Thu 7:55
Ekstra (PG) Fri 7:10-9:45 Sat-Sun 2-4:35-7:15-9:45 Mon-Thu 5:50-8:20
Getaway (PG) Fri 7:35-9:50 Sat-Sun 1:50-4:15-6:50-9 Mon-Thu 5:45-8:15
Haani (PG) Fri 7:05-10:20 Sat-Sun 1:20-5-8:20 Mon-Thu 5:20-8:35
Kick-Ass 2 (18A) Fri 7:20-9:50 Sat-Sun 1:30-4:10-7-9:30 Mon-Thu 5:25-8
The Lone Ranger (PG) Fri 7-10:10 Sat-Sun 1:45-5-8:10 Mon-Thu 5:25-8:40
On the Job (14A) Fri 7:15-10 Sat-Sun 1:10-4:20-7:25-10:20 Mon-Thu 5:30-8:25
Pacific Rim (PG) Sat-Sun 1:40
Pacific Rim 3D (PG) Fri 7:25-10:15 Sat-



Prisoners. CONTRIBUTED

Sun 4:30-7:20-10:10 Mon-Thu 5:40-8:30
Turbo 3D (G) Fri 6:50 Sat-Sun 5:30-7:45 Mon-Thu 5:35

Famous Players
Kildonan Place
1555 Regent Ave W

Cloudy With a Chance of Meatballs 2 (G) No Passes Sat-Sun 1:10 No Passes Mon-Thu 5:40
Cloudy With a Chance of Meatballs 2 3D (G) No Passes Fri 7:10-9:40 No Passes Sat-Sun 1:40-4:10-7:10-9:40 No Passes Mon-Thu 8:10
Insidious: Chapter 2 (14A) Fri 7:20-9:50 Sat-Sun 1:50-4:30-7:20-9:50 Mon-Thu 5:45-8:20
Percy Jackson: Sea of Monsters (PG) Fri 6:50-9:30 Sat-Sun 1:20-3:50-6:50-9:30 Mon-Thu 5:50-8:30
Prisoners (18A) Fri 7-10:15 Sat-Sun 3:40-7-10:15 Mon-Thu 5:20-8:40
Rush (14A) No Passes Fri 7:30-10:15 No Passes Sat-Sun 1:30-4:20-7:30-10:15 No Passes Mon-Thu 6-8:45
We're the Millers (14A) Fri 7:40-10:10 Sat-Sun 2-4:40-7:40-10:10 Mon-Thu 5:30-8:40

Grant Park 8 Cinemas
1120 Grant Ave.

Blue Jasmine (PG) Dolby Stereo Digital Fri 3:35-6:45-9:20 Dolby Stereo Digital Sat-Sun 12:35-3:35-6:45-9:20 Dolby Stereo Digital Mon-Wed 3:35-6:45-9:20 Dolby Stereo Digital Thu 3:35-6:45
Cloudy With a Chance of Meatballs 2 (G) Dolby Stereo Digital, No Passes Fri 6:55 Dolby Stereo Digital, No Passes Sat-Sun 12:15-6:55 Dolby Stereo Digital, No Passes Mon-Thu 6:55
Cloudy With a Chance of Meatballs 2 3D (G) Dolby Stereo Digital, No Passes Fri-Thu 3:30-9:30
Don Jon (R) Dolby Stereo Digital Fri 4:10-7:15-10:10 Dolby Stereo Digital Sat-Sun 1:05-4:10-7:15-10:10 Dolby Stereo Digital Mon-Thu 4:10-7:15-10:10
The Family (14A) Dolby Stereo Digital Fri 3:45-7 Dolby Stereo Digital Sat-Sun 12:45-3:45-7 Dolby Stereo Digital Mon-Thu 3:45-7
Gravity (STC) Dolby Stereo Digital, No Passes Thu 10
Lee Daniels' The Butler (14A) Dolby Stereo Digital Fri 3:15-6:50-10 Dolby Stereo Digital Sat-Sun 12:20-3:15-6:50-10 Dolby Stereo Digital Mon-Thu 3:15-6:50-10
Prisoners (18A) Dolby Stereo Digital, No Passes Fri 3:20-6:35-9:45 Dolby Stereo Digital, No Passes Sat-Sun 12:10-3:20-6:35-9:45 Dolby Stereo Digital, No Passes Mon-Thu 3:20-6:35-9:45
Rush (14A) Dolby Stereo Digital Fri 3:55-7:10-10:05 Dolby Stereo Digital Sat-Sun 12:25-3:55-7:10-10:05 Dolby Stereo Digital Mon-Thu 3:55-7:10-10:05
Salinger (PG) Dolby Stereo Digital Fri-

Thu 9:50
The Spectacular Now (14A) Dolby Stereo Digital Fri 4-7:05-9:40 Dolby Stereo Digital Sat-Sun 12:55-4-7:05-9:40 Dolby Stereo Digital Mon-Thu 4-7:05-9:40

Landmark Globe Cinema
393 Portage Ave

Blue Jasmine (PG) Fri 7:15-9:40
Sat-Sun 1:15-3:40-7:15-9:40 Mon-Thu 7:15-9:40
Don Jon (R) Fri 7:30-9:30 Sat-Sun 1:30-3:30-7:30-9:30 Mon-Thu 7:30-9:30
Lee Daniels' The Butler (14A) Fri 7-10 Sat-Sun 1-4-7-10 Mon-Wed 7-10 Thu 7
Runner Runner (14A) Thu 10

Landmark Towne Cinema 8
301 Notre Dame Avenue

Cloudy With a Chance of Meatballs (G) Sat-Sun 3:45
Cloudy With a Chance of Meatballs 2 3D (G) Fri 7-9:15 Sat-Sun 1:15-7-9:15 Mon-Wed 7-9:15 Thu 7-9:45
The Family (14A) Fri 6:45-9:15 Sat-Sun 1:15-3:45-6:45-9:15 Mon-Thu 6:45-9:15
Getaway (PG) Fri-Thu 9:30
Gravity 3D (STC) Thu 10
Insidious: Chapter 2 (14A) Fri 7-9:30 Sat-Sun 1:15-3:45-7-9:30 Mon-Thu 7-9:30
Prisoners (18A) Fri 6:30 Sat-Sun 3-6:30 Mon-Thu 6:30
Riddick (18A) Fri-Thu 6:45-9:30
Rush (14A) Fri 6:30-9:20 Sat-Sun 1-3:45-6:30-9:20 Mon-Thu 6:30-9:20
The Smurfs 2 (G) Sat-Sun 1-3:30
We're the Millers (14A) Fri 7 Sat-Sun 1-3:30-7 Mon-Thu 7
The World's End (14A) Fri 7-9:30 Sat-Sun 1-3:30-7-9:30 Mon-Thu 7-9:30

SilverCity Polo Park
815 St. James Street

The Art of the Steal (14A) Fri 2:55-8 Sat 12:15-2:55-8 Sun 2:55-8 Mon-Thu 2:20-7:25
Battle of the Year 3D (PG) Fri 2:05-4:50-7:30-10:05 Sat 11:30-2:05-4:50-7:30-10:05 Sun-Thu 2:05-4:50-7:30-10:05
Cloudy With a Chance of Meatballs 2 (G) No Passes Fri 2-4:45-7:10 No Passes Sat 11:40-2-4:45-7:10 No Passes Sun-Tue 2-4:45-7:10 No Passes Wed 4:45-7:10 No Passes Thu 2-4:45-7:10
Star & Strollers Screening, No Passes Wed 1
Cloudy With a Chance of Meatballs 2 3D (G) No Passes Fri-Sun 12:25-2:50-5:15-7:40-10:10 No Passes Mon-Thu 2:50-5:15-7:40-10:10
Def Leppard Viva Hysteria Concert (G) Wed-Thu 7:30
Despicable Me 2 (G) Fri 2:30 Sat 12-2:30 Sun-Thu 2:30
Despicable Me 2 3D (G) Fri-Thu 5-7:25 Don Jon (R) No Passes Fri 1:10-3:30-5:50-

8:10-10:30 No Passes Sat 1:25-3:30-5:50-8:10-10:30 No Passes Sun 1:10-3:30-5:50-8:10-10:30 No Passes Mon-Tue 3:30-5:50-8:05-10:20 No Passes Wed 1:15-3:30-5:50-8:05-10:20 No Passes Thu 3:30-5:50-8:05-10:20
Elysium (14A) Fri-Thu 9:45
Enough Said (PG) No Passes Fri-Sun 12:20-2:40-5:05-7:35-10 No Passes Mon-Tue 2:40-5:05-7:50-10:05 No Passes Wed 5:05-7:50-10:05 No Passes Thu 2:40-5:05-7:50-10:05
Star & Strollers Screening, No Passes Wed 1
The Family (14A) Fri-Sun 12:15-2:45-5:20-7:55-10:30 Mon-Tue 2:45-5:20-7:55-10:25 Wed 2:15-4:55-7:15-10:25 Thu 2:15-4:55-7:30-10:25
Gravity 3D (STC) No Passes Thu 10
Insidious: Chapter 2 (14A) Fri-Sun 12:25-3-5:35-8:15-10:45 Mon-Thu 2:45-

5:20-8-10:25
Lee Daniels' The Butler (14A) Fri-Wed 9:55
Metallica: Through the Never — An IMAX 3D Experience (14A) Fri 1:40-3:55-6:10-8:25-10:40 Sat 11:20-1:40-3:55-6:10-8:25-10:40 Sun 1:40-3:55-6:10-8:25-10:40 Mon-Thu 3-5:25-7:55-10:20
Percy Jackson: Sea of Monsters (PG) Fri-Sun 1:45-4:40-7:20 Mon-Tue 2:05-4:40-7:20 Wed 2:05-4:40 Thu 2:05-4:40-7:20
Prisoners (18A) Fri-Sun 12:30-3:45-7:05-10:25 Mon-Thu 3:10-6:50-10:15
Riddick (18A) Fri-Sun 5:15-10:20 Mon-Wed 4:35-10 Thu 4:35
Runner Runner (14A) No Passes Thu 10
Rush (14A) No Passes Fri 2:10-5-7:50-10:45 No Passes Sat 11:20-2:10-5-7:50-10:45 No Passes Sun 2:10-5-7:50-10:45 No Passes Mon-Thu 2-4:50-7:35-10:30
The Sisterhood of the Traveling Pants (PG) Sat 11
We're the Millers (14A) Fri 2:15-4:55-7:45-10:35 Sat 11:30-2:15-4:55-7:45-10:35 Sun 2:15-4:55-7:45-10:30 Thu 2:15-4:55-10:30
The Wolverine (14A) Fri-Thu 10:15

SilverCity St. Vital
110-1225 St Mary's Rd

Battle of the Year 3D (PG) Fri-Thu 2:15-4:50-7:25-10
Cloudy With a Chance of Meatballs 2 (G) No Passes Fri 2:50 No Passes Sat 11:05-12-12:25 No Passes Sun 11:45-12:35 No Passes Mon-Wed 2:50 No Passes Thu 1:10-4:15 Star & Strollers Screening, No Passes Thu 1
Cloudy With a Chance of Meatballs 2 3D (G) No Passes Fri 5:15-7:40-10:10 No Passes Sat 11:30-2:50-5:15-7:40-10:10 No Passes Sun 11:30-12-2:50-5:15-7:40-10

No Passes Mon 5:15-7:40-10 No Passes Tue 5:15-7:40-10:10 No Passes Wed-Thu 5:15-7:40-10
Def Leppard Viva Hysteria Concert (G) Wed-Thu 7:30
Despicable Me 2 (G) Fri 2 Sat 11:35 Sun-Thu 2
Despicable Me 2 3D (G) Fri 4:25-6:50 Sat 2-4:25-6:50 Sun-Tue 4:25-6:50 Wed-Thu 4:25
Don Jon (R) No Passes Fri 3:30-5:50-8:10-10:35 No Passes Sat 1:10-3:30-5:50-8:10-10:35 No Passes Sun 1:10-3:30-5:50-8:10-10:30 No Passes Mon 3:30-5:50-8:10-10:30 No Passes Tue 3:30-5:50-8:10-10:35 No Passes Wed 2:05-4:20-7:10-10:30 No Passes Thu 3:30-5:50-8:10-10:30
The Family (14A) Fri-Sat 2:20-4:55-7:30-10:15 Sun 2:20-4:55-7:30-10:10 Mon 1:50-4:15-7-10:30 Tue-Thu 2:20-4:55-7:30-10:15
Insidious: Chapter 2 (14A) Fri-Thu 2:40-5:20-7:55-10:20
Percy Jackson: Sea of Monsters (PG) Fri-Sun 9 Mon 9:35 Tue 9 Wed 10 Thu 9
Planes (G) Fri 2:05 Sat 11:50 Sun-Thu 2:05
Planes 3D (G) Fri 4:20-6:40 Sat 2:05-4:20-6:40 Sun 4:20-6:40 Mon 4:20 Tue 4:20-6:40 Wed 4:20 Thu 4:20-6:40
Prisoners (18A) Fri 3:40-7:05-10:25 Sat 12:20-3:40-7:05-10:25 Sun 12:20-3:40-7:05-10:20 Mon 3:40-7:05-10:20 Tue 3:40-7:05-10:25 Wed 3:40-7:05-10:20 Thu 7:05-10:20
Star & Strollers Screening Thu 1
Riddick (18A) Fri-Wed 9:20 Thu 9:45
Rush (14A) No Passes Fri-Sat 2:10-5-7:50-10:40 No Passes Mon-Mon 2:10-5-7:50-10:35 No Passes Tue 2:10-5-7:50-10:40 No Passes Wed-Thu 2:10-5-7:50-10:35
The Sisterhood of the Traveling Pants (PG) Sat 11
We're the Millers (14A) Fri-Wed 2-4:30-7:15-9:55 Thu 2-4:30-7:10-9:50

You could

WIN

1 of 10 copies of

The Little Mermaid

Diamond Edition on Blu-ray™ Combo Pack

Available on Blu-ray™ Combo Pack October 1st

VISIT clubmetro.com TO ENTER

©Disney

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com

Bryan breaks down Breaking Bad

Series finale. Cranston talks about the role of a lifetime and how we're all capable of becoming a person like Heisenberg



NED
EHRBAR

Metro World News in Hollywood

I had the chance to visit the set of *Breaking Bad* a few months ago. It's close to freezing in downtown Albuquerque, N.M., but Bryan Cranston isn't allowed to let on that he's cold.

He and Aaron Paul are currently filming a scene in a public square, and though it's the dead of winter in real life, there's apparently no such thing as the dead of winter in the *Breaking Bad* universe.

"They try not to show really any season. It's like, light jackets, windbreakers. We're never in big jackets, you'll never see that. I always wear a T-shirt," Cranston explains.

"My hands are still cold right now."

And that can make shooting the hit series a bit uncomfortable.

"These are conditions; these are little things. Sometimes we're shooting in August and we have to look cool, and sometimes we're shooting in winter and we have to look hot," he says.

Weather woes are just one of the details we picked up from Cranston during a visit to the set of the hit series, a job that has earned Cranston awards and accolades and reinvented his career through playing high school teacher turned meth dealer Walter White. Here's what else we learned.



Bryan Cranston has learned many lessons during his time on *Breaking Bad*. CONTRIBUTED

He doesn't know if Walt can be redeemed — and he doesn't care:

"Is it important? It's such a subjective viewpoint. I don't judge him," Cranston says.

"This was all designed. This series is unlike any in the history of television. This show was meant to be discomfiting. The hook was to make him sympathetic. We knew that if we could make you sympathize with him at first — in the first couple episodes, we were rooting for him. You

were rooting for him to make crystal methamphetamine and sell it to the world. Why is that good? There is ambivalence even in that."

He has a hair strategy:

"I grow hair out. As soon as every season is done I start growing my hair and start growing my (facial) hair. So I would end up with a full beard and hair, and whatever job is next I would then be able to sculpt how I wanted that look," he says. "Just

Interview

How Jesse gets into character

We're on the set of *Breaking Bad*, watching as a pivotal scene in the final episodes of the series is filmed, when an odd sound comes over the headset: rapid, intense breathing, almost hyperventilation, through gritted teeth. Turns out it's just Aaron Paul getting into character.

"I get intense during shooting. Prepping to roll today, I don't know if you saw, but I do get in it," Paul explains later that evening. "(I) make weird grunting noises for some reason; I don't know what it is. Just trying to really feel like I'm living these moments."

And those moments have been anything but pleasant for Paul as his character, Jesse Pinkman, has been put through the ringer in the run-up to the series finale. "It's emotionally wrecked me, yeah. I've truly lived and

breathed this character," he says. "I have a personal connection to him and I love him to death and I want to protect him. It's definitely changed my life."

Don't expect any spoilers from him though.

"Everyone acts like they want to know, but deep down you don't want to know," he says. "You want to live through watching the episodes. You don't want to read the end of a book before you start it."

Paul acknowledges that his future as an actor is incredibly bright, coming off the acclaim and success of *Breaking Bad*. But he's definitely putting Jesse Pinkman and his ilk to rest for a while. "Do I

want to jump onto another loveable drug addict? No. I want to steer far away from that," he says, though don't expect to see him headlining a rom-com anytime soon.

NED
EHRBAR/
MWN



portray this CIA officer."

He can no longer dress himself:

"I don't care what a I look like. Look at me, I'm kind of a slob when I'm not dressed in Prada that someone dressed me and put on me and laid out for me," says Cranston,

dressed comfortably in jeans and a plaid flannel shirt. "But I like it that way. I'm so used to people laying clothes out for me, like wardrobe people will. And my wife and daughter love doing that, so I don't have to pick out clothes except when I'm here and no one's around."

He's found his outlet:

"Some cope with medication, some cope with calming. I run, and when I run I spew," Cranston says. "I get rid of aggressions and anxieties, and I run. It's a solo act for me. I always sleep better. I always eat better because I feel good about what I've done, I'm more regular — all the things you don't want to know. And my wife now is like, 'Can you go run?' She can sense it. We all need an outlet, and you're lucky if you find it."

Playing this role has changed him:

"It's dropped my voice," Cranston reveals.

"If you go back (to the first season,) a couple things have happened. My posture has changed. When I was Walter more often, I was rolled over and kind of world-weary, and my posture changes when I go into Heisenberg. My voice drops, and by dropping my voice — just thinking it, feeling it — my own voice has dropped. It's a little bit lower."

Everyone is capable of breaking bad:

"My personal feeling is that every single human being is capable of becoming a Heisenberg of their own. I believe that anyone could become very dangerous given the right set of circumstances, the right buttons being pushed," Cranston says.

Join the Celebration!

**Support the next 75 years
at Red River College.**

Build our Future. Buy a Brick.

Engraved brick walkways are a great way to celebrate those with a special connection to Red River College.

Don't miss this chance to ensure you'll be a part of our lasting legacy. For more information, visit rrc.ca/buyabrick

Your commitment
to the College -
set in stone!



CURRENCY MART

COMPARING WITH BANKS

US Rate up to 1.6% better

We pay 1% more to buy your foreign cash

Directly convert US dollars to foreign currencies

We buy leftover currencies at the
same exchange rate we sell to you!

Around 40 currencies in stock daily

See our daily specials on our website

240 Graham Ave. (Cargill Building), Suite 290

Tel: 204-800-8126

Web: www.currencymart.ca

Offer ends September 30



We came up with this great deal for you, Winnipeg.

\$50
per month¹

- Unlimited Messaging²
- Unlimited incoming calls³
- Unlimited weekends and evenings from 5 p.m.³
- 500 Canada-wide anytime minutes³
- 1 GB of data⁴
- Call Display and Voicemail⁵

- › Unlimited Messaging includes: international Text, Picture and Video messages²
- › No Canadian long distance fees, no zone restrictions and no activation fee

Includes the Fido ADVANTAGE

Tab24 • Fido LiveANSWERS™ • FidoTRADE™ • FidoDOLLARS™



It's time to switch. Visit a store, call 1-866-301-3436 or go to fido.ca.

FIDO STORES

Garden City Shopping Centre
Kildonan Place
Polo Park Shopping Centre
Portage Place
St. Vital Centre



Offer ends September 30, 2013 and is subject to change without notice. Plan available only in Manitoba and Saskatchewan. 1. Smart plans available monthly or with a 2-year Tab24 agreement. Additional long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. Subject to the Fido Terms and Conditions and Acceptable Use Policy; fido.ca/terms. 2. Plan includes messages sent from Canada to Canadian, U.S. and international wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions) and messages sent while roaming not included and charged at applicable rates. 3. Airtime includes calls from Canada to Canadian numbers only, billed by the minute. Each additional minute costs 45¢ (20¢ for Call Forwarding). 4. Additional data: \$10/1 GB; charged in \$10 increments. U.S. data roaming is \$7.99/50 MB for 24 hours and International data roaming is \$10/MB for Europe and \$15/MB for all other applicable international destinations. Visit fido.ca/roaming for more information. 5. Service includes up to 3 messages, each 3 minutes in length that can be saved up to 3 days. © 2013

007 turns a new page and goes Solo

KIERON
MONKS
Metro World News

After 60 years of supervillains, 007 takes on flower power in Solo, the new novel from William Boyd, officially authorized by Ian Fleming Publications. The book will be released Oct. 8 in North America.

A glamorous launch took place Wednesday at the Dorchester Hotel, London, which features in the novel. The first seven copies were signed by

the author and driven by Jensen FF — the spy's chosen car in this edition — to Heathrow airport, where they were dispatched to Amsterdam, Edinburgh, Zurich, Los Angeles, New Delhi, Cape Town and Sydney. The British award-winning novelist and screenwriter Boyd told reporters he wanted to challenge Bond's conservative attitude in a 1969 setting.

"The earlier novels show the unthinking attitude of a man of his class and era, but as an intelligent man he has

to be aware of how society is changing with issues like the Vietnam War and the flower power movement."

Boyd also has his hero break from M15 — after a feud with Miss Money Penny — to go solo in his mission to prevent civil war in West Africa. It represents Bond's first appearance on the continent since Diamonds Are Forever.

But the author does indulge "sensualist" tradition, gifting 007 his personal recipe for a dry martini, a 45th birthday

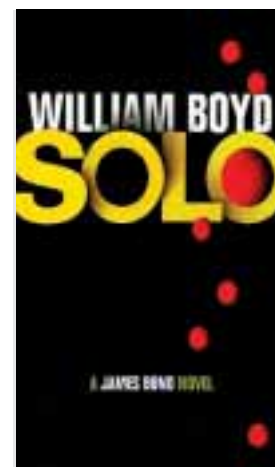
party in a casino, and several passionate affairs.

While Boyd has worked on films with three Bonds — Sean Connery, Pierce Brosnan and Daniel Craig — he has another idea for who could play the part in Solo.

"Daniel Day-Lewis resembles the Bond Ian Fleming describes as 'looking like the American singer Hoagy Carmichael.' He fits that image of being tall, rangy, dark-haired, good-looking, which is why I would choose him."

Back to the books

- Solo is the first official Bond novel since Jeffery Deaver's *Carte Blanche* in 2011.
- Lucy Fleming, niece of creator Ian, said her late uncle would have been thrilled with the new release. "He'd be looking down on us today — or up — with a big grin on his face."



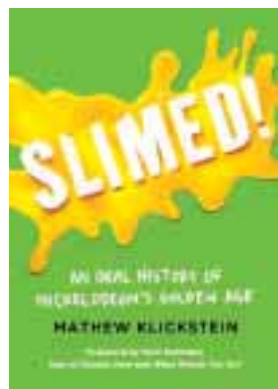
When pre-teen TV made us sail home from school

It was the best of times. A diehard fan makes it his mission to Nick small screen rumours in the bud

Most kids watch Nickelodeon strictly for entertainment. But Mathew Klickstein wasn't most kids.

"I was just always very engaged in what was going on behind the scenes," says the author of the new book *SLIMED: An Oral History of Nickelodeon's Golden Age*. "I was almost custom-made to do this book."

Growing up, Klickstein was glued to his TV for now-cult-classics like *Hey Dude* and *Salute Your Shorts*. His passion



for what he calls the "golden age of Nickelodeon" — roughly 1983 to 1995 — inspired him to "jump through a lot of hoops" to score interviews with some of his favourite TV

stars of yore. Now, he even counts many of them, like Marc Summers, friends.

Ironically, Klickstein doesn't watch any television these days, as he thinks the quality has gone downhill since his favourite Nick shows were on.

"You could tell immediately that you were watching Nick," he says. "[Their shows] looked different. They were doing something they just can't do now."

But not all of his feelings about TV have changed.

"I've given up in trying to pretend: My favourite shows were *Pete and Pete* and *Ren and Stimpy* then, and they're *Pete and Pete* and *Ren and Stimpy* now."

METRO

Four things you didn't know about your favourite Nick shows



It seems as though Sabrina wasn't the only witch on the set. HANDOUT

- **Kenan & Kel no longer speak.** "Kel was originally Kenan," Klickstein says, in the sense that Kel was originally the more successful of the duo. "Kel sort of shot forward and became a bit of a diva, and suddenly Kenan gets in with Bill Cosby and does *Fat Albert*, now he's on *SNL*, so he's the successful one. Kel's doing gospel Christian music now."
- **Melissa Joan Hart has a stage mom.** "Melissa Joan Hart was great — she has the sexiest laugh of anybody I've ever talked to in my life," Klickstein muses. "She and her mom are also very smart in that they own the property to *Sabrina* (the *Teenage Witch*) so when they sold that they got *Seinfeld*-type money. That's why she's doing well — she's able to keep producing because she and mom have a lot of money. Everyone across the board had stories about Melissa Joan Hart's mom Paula — terrible stories. Her name came up so often, she just was a handful for everyone, and a very strange character."
- **There almost wasn't a *Salute Your Shorts*.** The camp show was deemed "cookie cutter" and "stereotypical" when the first pilot was written. "The original script was so bad that the VP of production, Geoffrey Darby, held it in front of the producer at the time, and said, 'You know what I think about this?' And threw it in the trash. ... And basically they were like 'Please give us another shot.' And so Geoffrey Darby worked them to completely rework the script."
- **There wasn't much hooking up behind the scenes.** "At the end of the day," Klickstein says, "A: They were just kids who were all being very monitored, and B: Most of these shows were only on for a couple seasons — they were just rerun over and over again in syndication. The *Midnight Society* (from *Are You Afraid of the Dark*) did all those intros in a couple weeks, and then they were done. They weren't with each other long enough and they were always being broken up by adults."



SUPPORT OUR GOAL TO BUILD 200 NEW SCHOOLS AROUND THE WORLD

Photo courtesy of Scott Ramsay

Show your belief in education by making a donation in support of Free The Children's Year of Education. Every \$20 provides a brick — the cornerstone of a new school that will educate hundreds of students over generations to come.

FREE THE CHILDREN

Donate at
freethechildren.com/schools
or call 1.800.203.9091 ext. 289.

Facing the music: Nick Carter dishes on life as a pop phenom

Memoir. Backstreet Boy talks to Metro about his new book, wedding plans and upcoming documentary

MEREDITH ENGEL

Metro World News

It's a good time to be Nick Carter: The singer is celebrating 20 years (!) with the Backstreet Boys, is engaged to fitness pro Lauren Kitt and has just published a memoir.

Facing the Music and Living to Talk About It doesn't shy away from the low points of Carter's life, like his battles with substance abuse, and also examines the crazy whirlwind of a life that comes with being an international pop phenom. We stole a few minutes of Carter's time after a recent book signing.

Why was now the right time for a book?

There's never a right time. I kind of let things happen for a reason and that's what happened. I did the show (about my addiction struggles) with Dr. Phil about a year ago, and he mentioned (a book), so we ran with it. I just started writing it to see how it would feel, and then it started feeling really good, therapeutic, and then things started clicking. (I felt



Backstreet Boy Nick Carter has just published a memoir: *Facing the Music and Living to Talk About It*. GETTY IMAGES

like this could be something that may be helpful to someone who I like to say is in a moment of strength — instead of a moment of weakness — when they want to overcome something.

Were you nervous to put yourself out there?

That's the only way I can be. It's all about just putting it all out there. There's so many things in life that use the same theory, and that's: "If you can't be real, then what are you doing it for?"

... I wasn't scared, I was more relieved after it was finally released. I feel every single day as if I'm learning from this experience. Because as an entertainer, yeah, I do give back, but not in this way.

You weren't shy about naming names in the book. You spoke about how your relationship with Paris Hilton fuelled some of your problems.

Everyone knew about what was going on and, you know, I wasn't perfect, she wasn't



perfect, we just weren't meant for each other at that time. It wasn't the right dynamic. It fed off of each other's faults and depression and misery. It just wasn't good for me at that time.

You're getting married! How far are you into wedding planning?

We're looking (at) I'd say either January or March. We haven't decided that. We are actually in the middle of doing a presentation for a TV show. It might happen — I mean, it's like 70/30 — so we're really working on it and we'll see what happens. But VH1 is interested and it's going to be based around the marriage and about the struggles that still happen to this day, but much more lighthearted stuff.

And the Backstreet Boys have a documentary coming out too, right?

That'll be coming out next year as well. We've been through 20 years of a lot and I think people are interested in how we became who we are ... the individuals, our dynamic, the kind of group we are, the success, the failures, everything in one documentary.

Punk Rock. A band by any other name would sound as loud

BRIAN HORGEA

Metro World News in NYC

When a music publicist cautions you against asking a band about ongoing litigation, a reporter will generally respect this request — at least until the last question. That way, it doesn't matter if the musician hangs up. But with FLAG vocalist Keith Morris, we did not have to wait. He brought it up first.

"We're going through this legal thing now, and we're all just at each other's throats," says Morris, who also fronts the Circle Jerks and OFF! "It's become really ridiculous."

The "legal thing" in question is a lawsuit filed by founding Black Flag guitarist Greg Ginn against the members of FLAG (Morris, Chuck Dukowski, Dez Cadena, Bill Stevenson and Stephen Egerton) and former Black Flag vocalist Henry Rollins over the use of the name Black Flag (and its FLAG variation) and the band's iconic logo. Morris calls the lawsuit a distraction.

"We're not Black Flag. We never said we're Black Flag, and that's part of the lawsuit," he says. "All we want to do is play music and get on with our lives. ... I need to get out of Los Angeles. I need some full volume therapy. I need to go out and scream at a few people."

Founded by Ginn in 1976, Black Flag mixed punk, heavy metal and, eventually, jazz with a healthy dose of angst to be-



Keith Morris. GETTY IMAGES

come one of the most influential hard-core punk bands of its era before disbanding in 1986.

All the members of FLAG, save guitarist Egerton, were members of Black Flag at various points. They hadn't played Black Flag material together until playing a concert in Los Angeles' MacArthur Park in 2011. What began as a one-off performance quickly turned into something more permanent. "This wasn't some premeditated thing where all of us just got into the room and said, 'Hey guys, what are we gonna do?'" says Morris. FLAG's set list features Morris-sung classics like Nervous Breakdown and Fix Me. Cadena takes the mic during the second set to shout the likes of Louie Louie and Six Pack.

"We're older guys. We're not supposed to be able to muster up the energy to be doing this," Morris says. "These songs mean a lot to us. We've lived these songs."

THE ABBA SHOW

TICKETS ON SALE NOW

Returning to Winnipeg after more than 3200 performances world-wide - hurry to secure your seats for this international hit show!

BURTON CUMMINGS THEATRE
Wednesday 23 October, 8pm

ticketmaster

www.ticketmaster.ca
1 855 985 5000

www.abbasolutelyfabbaulous.com



VISIT
club metro
TO ENTER

Enter to
WIN TICKETS

to the show
To register and for full
contest details visit
clubmetro.com

DIRECT FROM AUSTRALIA
Starring the internationally acclaimed
ABBA absolutely fabbaulous

10 fun facts about everything Cher

Closer to the Truth.

With a new album coming out this week and an upcoming tour, the diva is ready for her big comeback

ANDREA
PARK

Metro World News

Cher hasn't recorded an album in more than a decade, but the diva has been busy lately promoting her new album, *Closer to the Truth*, which hit stores this week.

She performed her lead single, *Woman's World*, on the *Today Show* and has been making the media rounds as part of her big comeback — and she has a lot to say.

Here are 10 fun facts to bring you up to speed on everything Cher.

1. **She is her own harshest critic.** After her *Today Show* performance Tuesday, Cher took herself to task on Twitter. She responded to her fans' praise of her singing and tweeted: "Guess IT Wasn't As Bad As I Thought? Wait, Let Me Rephrase THAT ... I Didn't Hit Notes, Hit Some (Flat), Sharp, Missed BRIDGE on IHYFI, PPL R KIND."

2. **Speaking of Twitter, Cher is on it all day.** Typos be damned, no celeb can tweet up a storm like Cher can. She tweeted that she can't handle anything more technologically advanced than a rubber band, but that



Cher during her performance on the *Today Show* on Tuesday last. GETTY IMAGES

hasn't stopped her from tweeting style tips, birthday messages to fans and a running commentary on her daily life.

3. **She's a mama's girl, and proud of it.** Along with her album, Cher just released a docu-

mentary for purchase called *Dear Mom, Love Cher*. The diva originally planned to make a 16-minute video tribute to her 87-year-old mother, Georgia Holt, incorporating old tapes of an album Holt recorded, but never released, in 1980. The

video turned into an hour-long documentary that aired on Lifetime in May.

4. **She hates being "old."** Cher doesn't look her age, but she feels it. She's told interviewers that she's 100 or a million

years old, but she's actually 67. She told CBS, "People are so shocked that I say I don't like getting older, because I think you're supposed to say, 'Oh, I'm better than ever, and it's great, and blah, blah, blah.' Uh-uh. Not happening for me."

5. **She turned down the chance to sing at the upcoming Olympics.** Cher is anti-discrimination and she's not happy about Russia's stance on LGBT citizens. She said she was asked to open the Olympics show in Sochi and declined due to the country's treatment of gays.

6. **She didn't like Miley Cyrus' VMAs act.** She told CBS she doesn't have a problem with out-there performances or esthetics, but she does have a problem with "things done badly." She said of the performance, "Outfit, terrible. Dancing, terrible. Singing, average. Performance, terrible."

7. **She is a fan of both Clintons.** Count Cher in for Hillary 2016. She told the *Guardian* that "Hillary Clinton would make a fine president. I also think that Bill would be an awful lot of help."

8. **She has a love-hate relationship with touring.** Cher told *Today* that being on tour has major drawbacks. "I understand why guys in bands tear up hotel rooms and throw TVs out the windows. Because it's a very lonely place. The only time you have fun is at the concerts."

9. **She struggled with Chaz Bono's sex change.** She told CBS she was afraid of "losing" her daughter but that Chaz stayed the same person.

10. **Her tour starts next year.** This will be Cher's first tour in more than eight years.

Join the Celebration!

Build our Future. Buy a Brick.

Support the next 75 years at Red River College.

Don't miss this chance to ensure you'll be a part of our lasting legacy.
For more information, visit rrc.ca/buyabrick

*Your commitment
to the College -
set in stone!*

ADMISSION: \$6

EIGHTEENTH ANNUAL | 2013

SCATTERED SEEDS INC.

CHRISTMAS CRAFT

SPONSORED BY:

SHOW & SALE

OCTOBER 18-20

RED RIVER EXHIBITION HALL
3977 PORTAGE AVE

Not your usual finds



SOUND CHECK
Alan Cross
scene@metronews.ca

We're officially into the fall record release season — although not all of these tracks will appear in stores



Wrecking Ball (Nickelback version)

Last week I subjected you to the Nicholas Cage version of this song (i.e. Miley's head replaced with Cage's). The newest derivation features Chad Kroeger's head. Again, proceed with caution.



Gimme/Beck

There won't be a full album until next year so this single — also available as a 12-inch vinyl — will have to do until then.



Scentless Apprentice/ Nirvana

The 20th anniversary of the release of In Utero was marked with a new reissue this week. Part of the package includes live recordings from a show in Seattle from December 1993.

Where the gifted and born sinners meet

Tour. Rappers Wale and J. Cole, two of hip-hop's fastest rising stars, are set to hit stages across the U.S.

MICHAEL GREGER

Metro World News in New York

Wale wasn't satisfied. Already a hip-hop heavyweight with a Grammy nomination and a Soul Train award for 2011's Lotus Flower Bomb, he felt the need to change his sound.

"It was all about making a connection with my fans," said the artist, who was born Olubowale Victor Akintimehin. "This is one sound, very soulful ... something a little different."

He's seemingly made that connection with The Gifted. The album sold 158,000 copies in its first week.

Now the D.C. native is on tour, with J. Cole (the rapper behind the album Born Sinner) along for the ride. "It was



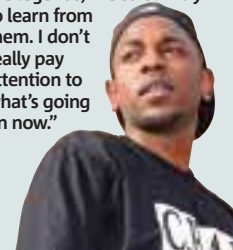
Wale BOTH IMAGES GETTY

long overdue," Wale said of joining forces with J. Cole. "We used to talk like if we ever got a break, if we ever made it big, we would do this. We put out stuff before, but never on the level we are now."

Although The Gifted reads like a who's who list of the hip-hop world, there is one notable exception: his tour-mate, J. Cole. When talk of a collaborative album with the rapper comes up, Wale's voice perks up. "Yeah, at some point," Wale said. "That would be a good idea ... if time permits."

Sensitive rapper

One of Wale's peers, Kendrick Lamar, caused quite the stir — scratch that, the L.A. emcee put the hip-hop world on notice — last month when he declared himself the best. Lamar put several rappers on blast, including Wale, whom he mentioned by name in a verse on Big Sean's Control. Wale wouldn't comment on the verse. In fact, when the topic came up, he hung up. However, he did note he doesn't really listen to his peers. He keeps his iPod tuned to the greats, like Biggie Smalls. "I listen to the legends," he said. "I try to learn from them. I don't really pay attention to what's going on now."

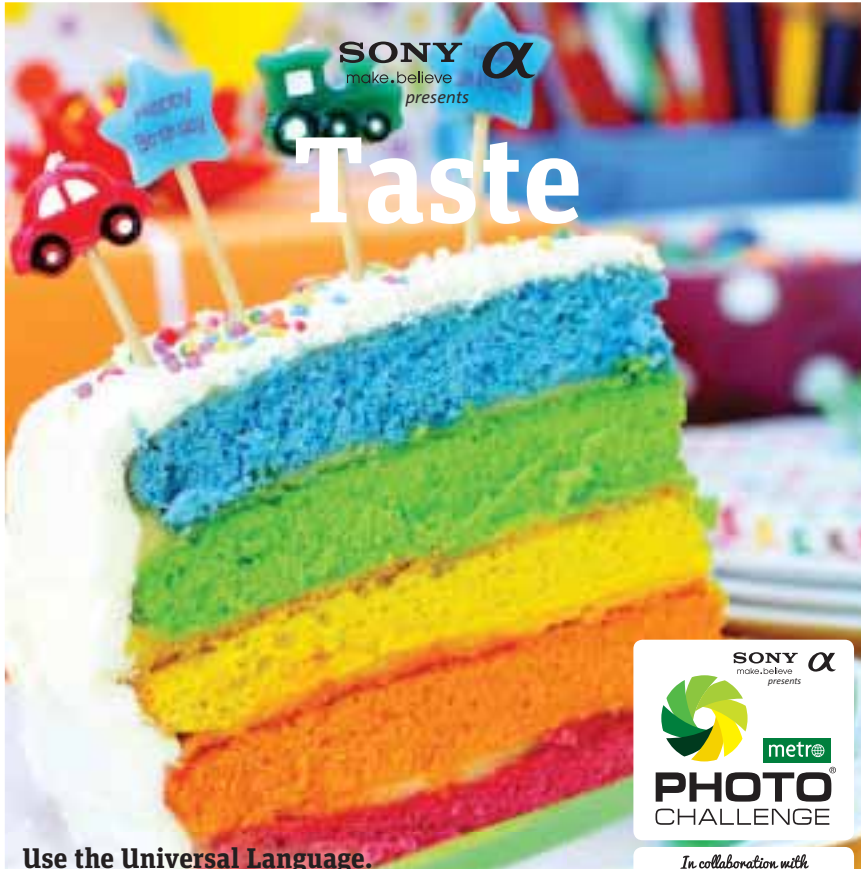



**WHISPERING
PINES**

ADDICTION TREATMENT CENTRE



112 Beach Road East, Teulon, MB 204-886-3580
www.WhisperingPine.ca



SONY α
make.believe presents

Taste

**Use the Universal Language.
Join the Metro Photo Challenge 2013**

Enter your photos in any of the six sense-categories and have the chance to explore West Africa with Metro and Reach for Change as our photo reporter.




In collaboration with



metrophotochallenge.com



Michael Lohan

Daddy Lohan's secret daughter goes under knife to look like Lindsay. Yikes!

Oh my lord, this story makes us want to become nuns, or vegans or something. Something really pure and sober and far away from this kind of Hollywood nastiness. Remember a few years ago when it was revealed that Lindsay Lohan's father Michael Lohan had fathered a secret daughter while still married to Dina Lohan? That daughter, Ashley Horn, is 18 now, and she's gotten \$25,000 of plastic surgery to look more like Lindsay.

Are you back from staring blankly at the horizon, a sweaty drink clutched in your hand? Cool. "My goal was to look like Lindsay in her good days, when she was around 18, 19 years old," Horn, who has never met her famous sister, told In Style. She doesn't, really, but Ashley's apparently pleased with the results. "I'm hotter than Lindsay!" she said. "I have no problem saying that." Oh, I think you have any number of problems, girl.



Zach Galifianakis

Galifianakis goes where many would love to tread

We imagine there are a lot of people who have been waiting for a long time to see someone spank Justin Bieber's little butt. Not necessarily for the same reasons. Anyway, they're all in luck. Justin Bieber appeared on Between Two Ferns, Zach Galifianakis's mock talk show on Funny Or Die. As usual, Galifianakis's talk show host character was sullen,

hostile and incompetent, and with Bieber he really turns up the hostility. "You've had three hairstyles. What's next for your career?" he demands. Finally the comedian whips off his belt to give Justin a spanking. The whole thing makes the pop star look like a good sport about his recent image troubles, which I imagine was the point.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Open-minded Gwyneth tempts fate with fidelity comment

MELINDA TAUB
Metro World News in NYC

Cheating on your spouse is a big no-no for most people, unless you're married to a really chill, go with the flow kind of lady. You know, like Gwyneth Paltrow.

In her latest film, Thanks for Sharing, Paltrow plays a woman dating a sex addict, and she says she could handle it in real life if her spouse was unfaithful.

"I think that if the idea of being committed to someone is important to

you, you begin to value certain parts of your social life over another. No couple is the same, and as such, every couple takes on different challenges. I would like to think that I would be forgiving and/or forgiven, but I can't give an honest answer as I haven't really experienced that," said Paltrow, who's married to Coldplay musician Chris Martin.

Paltrow would be totally cool about cheating, but it doesn't matter, because no one has ever, ever cheated on her. Got it.

The Iron Man star also said she'd be able to deal with dating a sex addict. "I'm an extremely open-minded person, so I think if it was something I knew I was getting myself into, I wouldn't let it deter me from exploring the relationship."

I love her. I really do.



Brad Pitt and Shia LaBeouf. ALL IMAGES GETTY

Attention! Wilderness bonding awaits for privates Pitt and LaBeouf

Brad Pitt, Shia LaBeouf and three other Fury cast-members were "ordered to go camping together" recently in the English countryside in preparation for the film, according to Us Weekly. "They play soldiers in the

same World War II troop, and the director (David Ayer) wanted to make sure they bonded," a source says. "So he dropped them in the wilderness — without their cellphones."



Twitter



@ladygaga

in the final days finishing ARTPOP. i feel like an atelier. refining seams. ironing fabrics. needling the last thread of my couture creation



@NiallOfficial

I just had a bath for the first time in years! Feels great! Feel 100% now!



@lenadunham

Hate vomiting, love having vomited

ALL MALE COAST TO COAST

204.947.6725

Other cities 1.877.882.2010
1.900.561.8888 (75 MIN/\$25) TEXT "CRUISE" TO 96669 (10 MIN/\$5)
*18+ Restrictions Apply

TAYA!CHAT NORTH AMERICA'S FIRST PANSEXUAL CHAT LINE!
CALL 1 866 292 8293

Service Directory

To advertise call 204-943-9300 or email Adinfo@winipeg@metronews.ca

AUDIENCES WANTED

Free Speaker Presentation

The Manitoba League of Persons with Disabilities is seeking audiences for a 45 minute presentation about access, design, barriers, and solutions facing people with various disabilities.

Days/Evenings.

Please call 204-943-6099

Churches, unions, clubs, associations welcome.

Baking Beekman style: Buttermilk Pie

The Fabulous Beekman Boys. Josh Kilmer-Purcell and his partner Brent Ridge are still enjoying country life — and eats

IZABELA SZYDLO
lshe@metronews.ca

What do you do after leaving the hectic pace of New York City to buy a 19th century farmhouse in upstate New York?

If you're couple Josh Kilmer-Purcell and Brent Ridge, you launch a local produce company called Beekman 1802 (now one of the fastest growing lifestyle brands in the U.S.) and learn to be farmers — with cameras in tow. Then you race



Josh Kilmer-Purcell and Brent Ridge of The Fabulous Beekman Boys. CONTRIBUTED

around the world on the Amazing Race — and win.

After their 2012 win, Kilmer-Purcell and Ridge are once again gracing TV screens with a new season of The Fabulous Beekman Boys (Tuesdays, 10 p.m. on Cottage Life TV).

The couple also recently published its first book — The Beekman 1802 Heirloom Dessert Cookbook: 100 Delicious Heritage Recipes from the Farm and Garden.

Of this Buttermilk Pie with Pecan Crust, the boys say, "This delectable pie is something Grandma might have made with pecans from the backyard tree and tangy buttermilk. This pie is sweet, rich and just plain lovely."

1. Crust: In food processor, combine flour, pecans, sugar, and salt and pulse until pecans are finely ground. Add butter and egg and pulse until dough holds together when pinched but does not form ball. Pat into a flat disk and refrigerate for at least 30 minutes or up to a day.

2. On a lightly floured work surface, roll out the dough to a 12-inch round. Roll dough around rolling pin and fit into a



This recipe serves eight. CONTRIBUTED

9-inch pie plate without stretching it, pressing the dough into the bottom and against the sides of the pan. With a pair of scissors or a paring knife, trim the dough to leave a 1-inch overhang all around. Fold the overhang in over the rim to make a double layer of dough and, with your fingers, crimp the dough around the edge. Refrigerate for at least 1 hour before baking (this helps relax dough so it doesn't shrink when baking).

3. Preheat the oven to 400 F. Line the pie shell with foil or parchment paper, leaving an overhang, and fill with pie weights or dried beans to weight the crust down. Bake for 15 minutes, then remove

the foil and weights and bake for 10 minutes longer or until golden. Remove the pie shell and leave the oven on but reduce the temperature to 325 F.

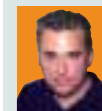
4. Filling: In food processor, combine sugar and cornstarch and pulse until combined. Add the eggs, butter, buttermilk, lemon zest, and nutmeg and process until combined.

5. Pour the mixture into the warm pie shell and bake for 55 minutes to 1 hour, or until the filling is set and just slightly wobbly in the centre. Let cool on a wire rack. Serve at room temperature or chilled, garnished with pecans, if you like.

RECIPE ADAPTED FROM THE BEEKMAN 1802 HEIRLOOM DESSERT COOKBOOK

Liquid Assets

O, Canada



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

How does fall know? As soon as the first day of autumn hits, there's a noticeable chill in the air and leaves start dropping faster than beats from a Jay Z album.

Actually, I love fall. There's Thanksgiving (my fave wine buying holiday), Halloween and a vibe in the air that gets my palate in the mood for a warming glass of whisky. The rustic aromas and robust flavours of whisky is a perfect foil for the season.

While Canadian whisky has languished in the shadow of its American, Irish and Scottish cousins for way too long, new artisan producers have taken the brown spirit category by storm. Nova Scotia's Glenora makes the only true Canuck single malt at its distillery in Glenville on Cape Breton Island. Though Glenora's Glen Breton Rare 10 Year Old Single Malt Canadian Whisky (\$72.95 to \$88.10) doesn't hide its Scottish influences, it adds its own twist with soft aromatics and a smooth attack on the palate.

Typically served on its own or over ice, it makes an appealing partner for many cheeses and desserts, especially the pecan-influenced pie sharing my page today.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



The White Tower Restaurant

THIS IS YOUR SECOND CHANCE TO USE ESSI'S crazy DEAL

50% OFF

YOUR ENTIRE BILL

Valid until Sept. 26, 2013. Up to \$20. ONE per table, alcohol not included. Cannot be combined with any other offers.

3670 Roblin Boulevard (204) 896-0406

VISA MasterCard

Join the Celebration!

Build our Future. Buy a Brick.

Support the next 75 years at Red River College.

Don't miss this chance to ensure you'll be a part of our lasting legacy. For more information, visit rrc.ca/buyabrick

Your commitment to the College - set in stone!

CELEBRATING 75 YEARS RED RIVER COLLEGE

He just did it: Attorney raises the bar with steep stock of Nike sneaks

Try this one on for size.
Athletic shoe fanatic puts record-setting collection on eBay

KIERON MONKS
Metro World News

He's a trained attorney but Jordan Geller's true passion lies in his Guinness World Records-certified largest collection of sneakers in the world — more than 2,500 pairs and all of them Nike — displayed in his custom-made ShoeZeum in San Diego. Geller, 36, has now put his collection onto eBay and hopes to make \$1 million.

What's the appeal and what makes a great sneaker? I think it's all about the technology and innovation — does

it have air? Shocks? What's behind the scenes that make it cool? It could also be that it was made for a certain athlete that achieved great things wearing it, like the shoes Michael Jordan or Pete Sampras won a championship in.

What are the greatest efforts you have gone to for a pair? I go to great lengths all the time: camping out at stores, waking up at 4 a.m., my life is one long scavenger hunt for shoes. One time a famous DJ (DJ AM) with a world-renowned collection passed away and his family auctioned them. I bought 50 pairs and convinced his family to sell me two other rare pairs that only had 50 and 72 made.

What have you sacrificed for your collection? It's never a sacrifice because this is what I love. I'm an attorney and I suppose I don't



Sneaker aficionado Jordan Geller says he wears Nikes everywhere he goes, including to black-tie parties. CONTRIBUTED

use that much because I've always chosen to buy and sell shoes instead. It does take a lot of time — I always cut Thanksgiving dinner short

because the day after is the best sales day of the year.

Despite your obvious commitment, Nike banned you

from their stores. How are your relations with them now?

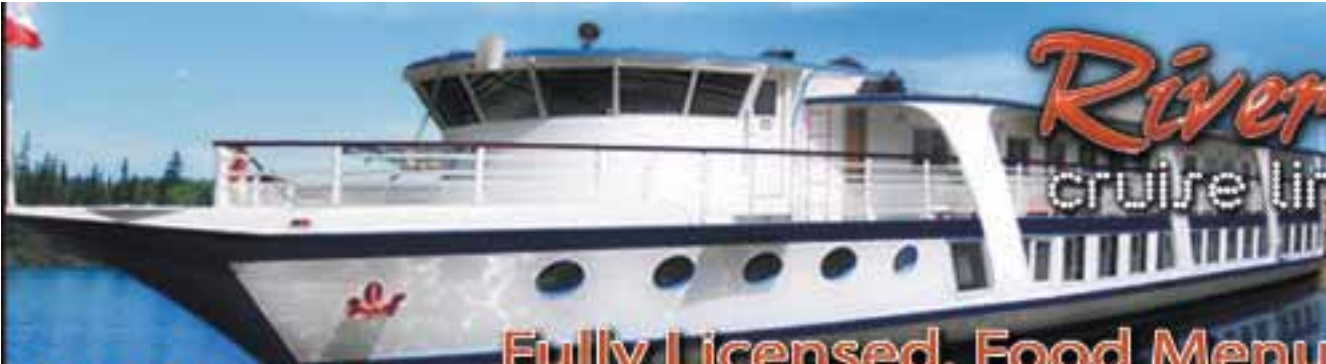
They banned me but that just inspired me to build

I would walk 500 miles...

"I go to great lengths all the time: camping out at stores, waking up at 4 a.m., my life is one long scavenger hunt for shoes."

Jordan Geller
Shoe collector

the ShoeZeum to prove I am more knowledgeable and passionate than anyone. The seven top Nike executives then flew down on a private jet to check it out and paid my rent for three months, then 70 executives came for guided tours. The ban is lifted now. I've asked their chief talent scout for a job many times — he says I have no experience but may be able to get something in the \$40,000 range.



River Rouge

cruise line

Special Reduced Fares
ADULTS \$10.00
CHILDREN FREE

LOCATION
ALEXANDER DOCKS
Waterfront Drive. @
Alexander Ave.
(Down the street from the Forks)

(204) 774-7009
MSROUGE.COM

HEATED INTERIOR
OUTDOOR ATTIRE RECOMMENDED

Fully Licensed. Food Menu available

For a complete listing of our fall schedule visit msrouge.com

FALL COUPON SAILING

Wednesday - Friday - Saturday - Sunday
1:00pm - 3:00pm - Sightseeing Cruise
7:00pm - 10:00pm - Sunset Dinner Cruise
11:00pm - 2:00am - Saturday Night Boat Party (20+)

SPECIAL REDUCED FARES
All admissions \$10.00
Children (ages 4-12) FREE

Ticket Conditions: Coupon must be present when boarding, not valid with any other promotion or special offer or towards tickets that have been previously pre-purchased prior to this offer. No cash value, prices subject to GST

UP-TO 5 PASSENGERS PER COUPON

SEASON EXPIRES OCTOBER 18, 2013 RESERVATIONS RECOMMENDED

Blue Bombers refuse to give up on playoff hopes

CFL. Winnipeg's challenging road to earning post-season berth goes through B.C. this week

The Winnipeg Blue Bombers may be 2-10, but veteran receiver Terrence Edwards insists they haven't given up hope of getting into the playoffs.

"That's CFL football; you're not out of it until you're out of it," he said Thursday as the Bombers prepared to host the 8-4 B.C. Lions.

The Lions can lock up a playoff spot in the West with a win over Winnipeg. But they can also do it if Edmonton loses at home to Toronto.

With Montreal at 4-8, and having lost a game to Winnipeg, the Bombers' playoff hopes in the East may be slim but they're still mathematically alive.

"We've still got the chance to get into the playoffs, we've just got to play like we did in the first half of last weekend and I think the wins will take care of themselves," said Edwards.

With Max Hall at quarterback, the Bombers dominated over three quarters against Edmonton last week, but they blew a 27-14 lead in the fourth, where Hall was hurt, to let the Eskimos score 13 unanswered points. Edmonton (3-9) walked out with a 35-27 overtime win.

The Bombers are starting Hall again and, after Justin Goltz flopped as Hall's replace-



Max Hall lies injured on the field against the Eskimos last Friday at Investors Group Field. Hall will start against the Lions on Friday. JOHN WOODS/THE CANADIAN PRESS

ment last week, Jason Boltus sits in the No. 2 spot on this week's depth chart.

"I feel great, I feel real confident," said Hall. "I did some good things in that game and I made two or three pretty big mistakes in that game that hurt us."

He said his weren't the only mistakes that cost the team the win but eliminating the errors is key if the Bombers want to turn things around this week.

"If we can eliminate the big mistakes and play four quarters of football, I mean we

can play with anybody in the league."

The Lions will start Thomas DeMarco in place of an injured Travis Lulay. A pair of former Bomber quarterbacks will back him up: Buck Pierce is No. 2 on the Lions' depth chart and Joey Elliott is No. 3.

Winnipeg coach Tim Burke agrees it feels a little odd to see two players whom he coached so recently on the other side of the field.

"That just shows you how few quarterbacks can play at this level," he said.

THE CANADIAN PRESS

Week 14 pick



Lions (8-4) at Blue Bombers (2-10), Friday, 7 p.m. (TSN)

Thomas DeMarco didn't put up great numbers while filling in for Travis Lulay last week, but he did enough for B.C. (8-4) to pull out a last-play 24-22 win in Regina.

DeMarco is up again on Friday night to face the Bombers (2-10), who will go with Max Hall, the latest No. 1 on the quarterback carousel.

Neither side has an established pivot in the game. And if DeMarco falters, former Bomber pivot Buck Pierce could get into the game.

For all Winnipeg's injury woes, particularly on defence, the Lions are 2-4 on the road, so it should be close.

Pick: B.C.

Average Joe's
WE'VE GOT ALL YOUR
HOCKEY GAME
NEEDS! Ride our Gameday MTS Centre Shuttle
for only \$20.00
We show every game LIVE, and have Great gameday
specials and Giveaways. Follow us on facebook @
www.facebook.com/AverageJoesSportsLounge
to find out when we have Ticket Draws.

FOR DETAILS CALL
204-775-0451

RAMADA
viscount galt hotel
1570 Portage Avenue
Winnipeg, Manitoba, Canada
Phone: 204.775.0451
www.viscount-galt.com

MMJHL

Stonewall look to keep undefeated start alive against St. Boniface

The Stonewall Jets, who had just six wins last season, have turned a corner since the start of pre-season and, although it's early, appear to be a solid contender for one of eight playoff spots come March.

The Jets host the St. Boniface Riels this Sunday in Stonewall, with both clubs boasting 2-0 records ahead of the Manitoba Major Junior Hockey League clash.

Some of this weekend's other matchups feature the River East Royal Knights visiting the St. James Canucks, the Ft. Garry/Ft. Rouge Twins hosting the Transcona Railer Express, and the reigning champion Pembina Valley Twisters hosting the St. Vital Victorias in Morris, all Friday night games.

SCOTT STROH/FOR METRO

NHL

Thomas lands full-time gig in Florida

Tim Thomas is officially back in the NHL.

The Stanley Cup-winning goalie signed a one-year contract Thursday with the Florida Panthers, a move that was expected for several days. Financial terms were not released.

The 39-year-old Thomas took last season off, then decided he was ready to return to hockey.

His signing is part of a busy week for the Panthers. The team will introduce Vincent Viola as its new owner on Friday, a person familiar with the situation told The Associated Press.

THE ASSOCIATED PRESS



Tim Thomas GETTY IMAGES FILE

Eriksson scores in OT as Bruins shoot down Jets

NHL. Winnipeg fails to tally second win of the pre-season despite converting two power-play opportunities

On Thursday

3

Bruins

2

Jets

Loui Eriksson sent a high shot past goalie Ondrej Pavelec to give the Boston Bruins a 3-2 pre-season victory in overtime against the Winnipeg Jets on Thursday.

Ryan Spooner and Eriksson went down the ice together and Spooner sent a pass across to Eriksson, who moved the puck with his skate onto his stick to set up his first goal of the pre-season 1:46 in OT.

Niklas Svedberg stopped 26 shots for the Bruins, who improved their exhibition record to 5-1-0. Pavelec faced 33 shots for the Jets (1-3-3).

The teams play a rematch Friday in Boston.

Spooner and Patrice Bergeron also scored for the Bruins. Devon Setoguchi and Mark Scheifele had Winnipeg's two power-play goals.

Bergeron had the game's first goal when he put a close, low shot past Pavelec at 3:54 of the first period.

The veteran centre spent the off-season recovering from not one, but four injuries after Boston lost last year's Stanley Cup final in six games to Chicago. Bergeron played some games with a broken rib, torn rib cartilage and a separated shoulder. He later found out he also had a collapsed lung.

THE CANADIAN PRESS



The Jets' Jim Slater battles Matt Bartkowski of the Bruins for the puck at the MTS Centre on Thursday night. MARIANNE HELM/GETTY IMAGES

BIGGEST SALE OF THE YEAR

NEW!



2013 Chevy Sonic

#RBZWJX

\$8,773 - \$29 /wk

NEW!



2013 Chevy Trax

#DT0875

\$16,773 - \$49 /wk

NEW!



2013 Chevy Silverado

Ext Cab 4x4 #DT7221

\$20,333 - \$67 /wk

NEW!



2013 Chevy Camaro

#DC3538

\$19,997 - \$69 /wk



964 REGENT AVE. W.
SPECIAL SALES HOTLINE
1-800-711-3613
(including Winnipeg)
OPEN 24 HOURS
www.vickarchvrolet.ca



HOURS
MON - TUES
8:30AM - 8:00PM
WED - SAT
8:30AM - 6:00PM



*60/72/84 month finance rate at lowest possible rate available. OAC. all payments plus taxes, fees and freight. All rebates to dealer. Example of finance @ \$16,349.00 with \$1180.94 GST cost of borrowing is \$5814.51. See dealer for details. Prices subject to change without notice. Ask your sales consultant for details. **Lease range from 24-60 months plus freight, taxes and fees. Silverado prices in lieu of subvented interest rates. Equinox, Cruze, Sonic, Malibu, Impala & Silverado prices include all loyalty rebates.

IOC convinced Russia will respect Olympic charter

Sochi check. But commission admits it 'doesn't really have the right to discuss the laws in the country'

The International Olympic Committee doesn't have the authority to intervene in Russia's law banning gay propaganda and is convinced there will be no discrimination against athletes or spectators at the Winter Games in Sochi, a top Olympic official said Thursday.

Jean-Claude Killy, chairman of the IOC Coordination Commission, gave his stamp of approval of Russian preparations for the games during a news conference at the conclusion

Quoted



"The Olympic Charter states that all segregation is completely prohibited, whether it be on the grounds of race, religion, colour or other, on the Olympic territory."

Jean-Claude Killy, chairman of the IOC Coordination Commission

of the commission's 10th and final visit to Sochi before the Olympics, which begin on Feb. 7.

Russia has come under scrutiny as the next host of the Olympics because of the law

passed this summer outlawing "propaganda of nontraditional sexual relations among minors," which many worry may apply to gay athletes and visitors to the games.

Killy said the commission considered the issue carefully and in the end was fully convinced that Russia will respect the Olympic charter, which prohibits discrimination of any kind. He said the IOC had received written assurances from Russian officials there would be no discrimination.

Russian officials insist the law is designed to protect children and doesn't infringe on the rights of gays.

The Human Rights Campaign, the largest gay-rights organization in the U.S., condemned the IOC's assessment of the Russian law.

THE ASSOCIATED PRESS



Exit Sandman: Rivera throws final pitch in Bronx

Baseball's most acclaimed relief pitcher made an emotional exit in his final appearance in the Yankees' home pinstripes on Thursday night. Captain Derek Jeter and Andy Pettitte came to the mound to remove Rivera with two outs in the ninth inning of a 4-0 loss to the Tampa Bay Rays. Both Rivera and Pettitte will retire after the season. KATHY WILLENS/THE ASSOCIATED PRESS

MLB

Countdown on for Selig's retirement

After a decade of maintaining his departure was imminent, baseball commissioner Bud Selig put his exit plans in writing Thursday and said in a statement he will retire in January 2015 after 22 years.

His revolutionary reign produced an \$8-billion industry, interleague play, an expanded post-season and two decades of labour peace. But, he also presided over a cancelled World Series and long-running drug scandal.

Some owners — even his wife — had been skeptical in the past that he really would quit, but this marked the first time he issued a formal statement that he will give up the sport's top job. He even gave an exact date: Jan. 24, 2015. THE ASSOCIATED PRESS



Bud Selig
GETTY IMAGES FILE

It's fast, simple, and easy.

**LET US SELL YOUR VEHICLE FOR YOU
GUARANTEED OFFER IN 7 DAYS OR LESS
NO STRANGERS CALLING OR VISITING YOUR HOME
PROFESSIONAL SERVICE – WE DO ALL THE WORK
GUARANTEED FUNDS, SAME DAY PAYMENTS**

204-631-3850

www.ADESAPublicAuctions.ca



Register your vehicle or refer a friend to sell at ADESA's weekly auctions and be entered for your chance to **WIN AN APPLE iPad!**

SELLERS NAME: _____
PHONE: _____

REFERRED BY: _____
PHONE: _____

Johnson looks at bright side of Burleson's injury

NFL. Lions will need better play from lesser-known receivers to avoid struggles of 2012



Lions wide receiver Calvin Johnson
GETTY IMAGES

Calvin Johnson is trying to stay positive after Nate Burleson's injury.

Burleson was coming off a big game last weekend at Washington, but he broke his arm in a car crash early Tuesday, so now the Lions will have to rely on Johnson and a number of less proven options at wide receiver. That didn't work out well last season, when Burleson hurt his leg and the Lions slumped to a 4-12 finish.

Johnson doesn't sound too

bigger roles.

"In the end, it's going to make us a very good receiver group," Johnson said.

Burleson's absence toward the end of last season didn't hurt Johnson's stats. He finished with 122 catches for a record 1,964 yards — but Detroit's offence could have used more balance. Aside from Johnson, there weren't many big-play threats for quarterback Matthew Stafford to throw to.

This weekend, Detroit hosts Chicago, which limited Johnson to eight catches for 106 yards over two games last season. In other words, the Lions may very well need significant contributions from someone other than their best receiver. **THE ASSOCIATED PRESS**

worried about a repeat. In fact, he's hopeful some of his teammates will benefit from

Join the Celebration!

Support the next 75 years at Red River College. Build our Future. Buy a Brick.

Engraved brick walkways are a great way to celebrate those with a special connection to Red River College.

- Proceeds go to the College's 75th Anniversary Endowment Fund
- Walkways will be located at the Notre Dame and Exchange District Campuses
- Honour a friend or loved one, or mark a special occasion. It's up to you!

Don't miss this chance to ensure you'll be a part of our lasting legacy. For more information, visit rrc.ca/buyabrick

For a complete listing of our 75th anniversary events, visit rrc.ca/75years

Your commitment
to the College -
set in stone!



MEGA

SALE

At Jim Gauthier Chevrolet!

EXTENDED SALE

2012-2013 ORLANDO
2.4L ecotec 4 cyl, automatic, seats 7, A/C, PW, PDL, keyless entry, rear window defrost, front & rear cupholders, ABS, side curtain airbags, dual front air bags, CD & much more

Starting From
\$15,988* or \$54 WK

2013 TRAVERSE
Price won't be here long!
\$26,988* or \$79 WK
Loaded with excitement!! 3rd row seating, power windows, power locks, cruise control, air conditioning. Fresh local trade in!

2008 COBALT COUPE
Well equipped, fuel efficient 4 cyl, easy to use automatic transmission, air cond., dual airbags, low kms.

All This For Only
\$5,988* or \$64 WK

2009 RAM LARAMIE 4X4
Loaded w/all the Toys! Psunroof, heated & cooled seat, heated steering wheel, chrome side step bars, tonneau cover, Pseats, PW, cruise, Nav, satellite radio, 5.7L Hemi & much more. Must see & drive!

Only
\$25,988* or \$93 WK

2007 ACADIA SLT
\$15,988* or \$169 BW
Heated leather seats, power windows, power locks, keyless entry, alloy 3.6L V6 with a 6 speed automatic transmission.

Blowout Price of Only
\$3,988

2011 SILVERADO CREW CAB 4X4's
Loaded, great equipment, 4x4, cruise, air, V8 automatic, PW, PDL, keyless entry & much more.

Starting At
\$19,988* or \$130 WK

2013 IMPALAS
Starting from
\$15,783* or \$93 WK
V6, 6 speed automatic transmission, CO AM, power seats, power windows, power locks, cruise control, alloy wheels, traction control.

2013 DODGE DART SXT
2.0L 4 cyl, automatic, MP3, side/curtain airbags, stability control, traction control, alloys, air, PW, PDL & much more!

Starting From As Low As
\$14,988* or \$43 WK

2004 AVEO
Power sunroof, air, 4 cyl, automatic, PW, PDL, cruise, AM/FM CD, hatch back.

Only
\$4,988

12-13 GRAND CARAVAN
\$16,988* or \$56 WK
3.6L V6 flex-fuel, automatic, MP3, side/curtain airbags, stability control, 3rd row seats & 2nd row Snowdoo Seats, rear heat & air, traction control.

2012-2013 CRUZE LT
1.4L 4 cyl, auto, bluetooth, iPod input, satellite radio, side/curtain airbags, stability control, traction control, A/C, front & rear cup holders, front console w/storage.

Starting From
\$13,333* or \$43 WK

EXCHANGE PRIVILEGE
30 days/2500 km*

INSPECTION
150+ points coverage

MANUFACTURER'S WARRANTY
3 years/50000 km*

ROADSIDE ASSISTANCE
24 hour around the clock

Where the buying experience is as good as new
gincanadacertified.com

CERTIFIED PRE-OWNED

THE GAUTHIER AUTO GROUP IS PROUD TO BE THE #1 VOLUME DEALER IN WPG!!

Jim Gauthier
1400 McPHILLIPS WINNIPEG MB
SAVE TIME • SHOP ON-LINE
www.jimgauthierchevy.com
204-697-1400

*Financing subject to credit review. Dealer price. Excludes taxes, license, and title. See dealer for details.

Horoscopes

Aries

March 21 - April 20
Get your head out of the clouds and be more practical. No matter how pleased you may be by recent events, you cannot afford to believe that nothing will change. Fantasy is fun but the real world matters.

Taurus

April 21 - May 21
You may feel guilty that you have not spent more time with someone you are fond of but they understand, so don't beat yourself up. You will get plenty of chances to make it up to them over the weekend.

Gemini

May 22 - June 21
Something will go wrong today but it's no big deal. Stay calm and tackle the problem in a controlled way. Others will react on an emotional level, so you must keep your head.

Cancer

June 22 - July 23
A difficult decision involving a family matter will have to be made and you must make the final call. You may not want to hurt a loved one's feelings but sometimes you have to be cruel to be kind.

Leo

July 24 - Aug. 23
You need to streamline your workload and you can start by knocking minor projects on the head. If they don't take you closer to your number one goal then they are a waste of time — get rid of them.

Virgo

Aug. 24 - Sept. 23
Conserve your energy. The planets indicate that the weekend could be extra busy, so make use of today's less stressful aspects to rest.

Libra

Sept. 24 - Oct. 23
Promise yourself that no matter what kind of situation you find yourself in you will find a way to turn it to your advantage. You're nothing if not creative.

Scorpio

Oct. 24 - Nov. 22
You are many things but no way are you stupid. Which makes you wonder why someone is trying to get you interested in a plan that has no way of ever succeeding.

Sagittarius

Nov. 23 - Dec. 21
There are some things that even a fun-loving Sagittarian finds too serious to laugh about and one such topic is dominant now. Others may mock but you think a sense of respect is in order and intend to act accordingly.

Capricorn

Dec. 22 - Jan. 20
Try to be tolerant of people who see life from a different angle. Some of them may be a bit lacking in the brain box department but it takes all sorts to make a world.

Aquarius

Jan. 21 - Feb. 19
Strive to stay on good terms with partners, whatever differences of opinion you may have had recently. You will need all the support you can get over the weekend, so don't alienate anyone.

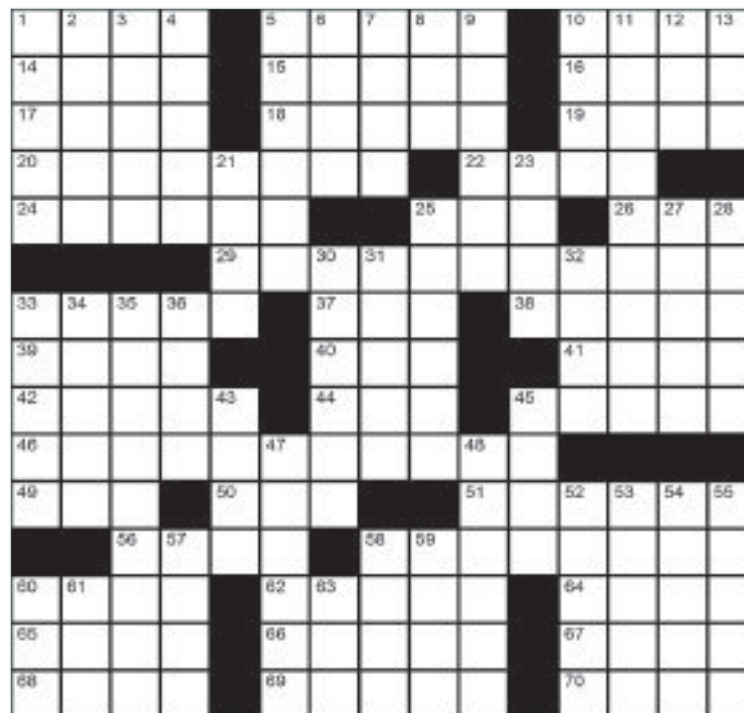
Pisces

Feb. 20 - March 20
If there are any loose ends of a financial nature that need to be tied up then get tying now because come Sunday you will no longer be in charge of what happens. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Glycolic ___ (Skin product ingredient)
5. Olympic award
10. Quickened
14. Singer, ___ . King
15. Picture
16. Director Mr. Preminger
17. Norwegian king, variantly
18. Metric weights, for short
19. Place for makeup
20. Kingston, ON: Royal ___ College of Canada
22. Faux-teller
24. Song type
25. Racket
26. ' ' ___ for Montreal
29. Canadian chocolate bar: 2 wds.
33. Suits components
37. Curve
38. Juno-winning band from Winnipeg, ___ & Hawk
39. But: German
40. Eggs of fish
41. Kin of Eire
42. Mr. Bean por-trayer, ___ Atkinson
44. Have
45. Actress, Kirsten ___
46. Singer nicknamed 'Canada's Country Gentleman': 2 wds.
49. Music style
50. Natalie Cole's father
51. Chips with gooey cheese
56. Light beams



58. Architectural landmark in Toronto: 2 wds.
60. British songstress, ___ Dee
62. Vera Wang customer
64. Parliament Hill worker
65. Hold on property

66. Someone who appraises
67. Keep in ___ (Dance teacher's instruction)
68. Politician Mr. Romney
69. Moulding styles
70. Royal Canadian ___

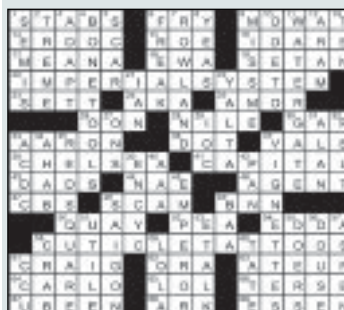
- "You Dropped ___ on Me"
2. Salsa singer Ms. Cruz
3. Counting everything: 2 wds.
4. Satan
5. Gilbert & Sullivan's The ___
6. Mideast chieftain,

- variantly
7. NBC's "The Voice" host Carson
8. In times past
9. "Gigi" (1958) star Ms. Caron
10. Couch
11. Nunavut's official bird, Rock ___
12. And so on [abbr.]

13. ___-eyed
21. tic ___ (Some candies)
23. Early filmom's Thomas H. ___ (b.1882 - d.1924)
25. Proper
27. Small lands on water
28. Type of wheat
30. "Groovy, man.": 2 wds.
31. Displeased look
32. Brand of spaghetti sauce
33. Roles
34. You can't judge ___ by its cover
35. Town between Toronto and Barrie in Ontario
36. Streetcar, in Britain
43. ___ , ___ (Part of a Big Apple addr.)
45. Horse-hauled cart
47. Board game company
48. Inputs information
52. ___ Provincial Park, in BC
53. Port-au-Prince's locale
54. "Back in the ___ days..."
55. Got Z's
57. Isn't, in slang
58. Mention
59. Notion, in Mont-real
60. Dutch airline
61. Gladiator's 3
63. Chide

See today's answers at metronews.ca/answers.
BY KELLY ANN BUCHANAN

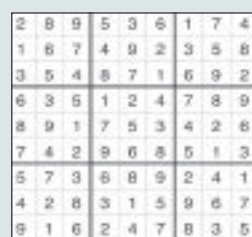
Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Weather

TODAY



MAX: 16°
MIN: 10°

SATURDAY



MAX: 15°
MIN: 5°

SUNDAY



MAX: 21°
MIN: 9°



JENNA KHAN
WEATHER SPECIALIST

"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**



la val life
VOICE
Where Fun... Meets Adventure
204.987.2222
Toll Free 1.866.348.5282
LAVALIFEVOICE.COM

We'll get you there on time & in Style
London Limos Winnipeg
11595 Erin St.,
Winnipeg
(204) 488-9590 1-800-268-5816 londonlimos.ca
Stretch SUV's, Limos, Executive Car, Van Service and Limo Bus

HAKIM
50% OFF FRAMES & LENSES
Over 160 Discount Outlets... 140 One Hour In-Store Labs
For nearest location call: 1-877-824-2020 • www.hakimoptical.ca

DON'T LET THESE SAVINGS SLIP AWAY!

Employee Pricing is only here until September 30th

**EMPLOYEE
PRICING
IS BACK**

at River City Ford



Ryan Monczunski,
General Sales Manager

SHARE OUR **PASSION**. SHARE OUR **PRICE**.

RIVER CITY FORD
**PRICE
BEAT
GUARANTEE**

The best price on your new vehicle... **Guaranteed**.

If you find a lower price on the same vehicle somewhere else, we'll **BEAT IT** or give you **3 YEARS OF FREE OIL CHANGES**.

2014 FORD ESCAPE SE 4X4

EMPLOYEE PRICE:

\$25,969*

MSRP: \$31,199

SAVE \$5,230

FINANCE PAYMENT:

\$159* B/W

LEASE PAYMENT:

\$259** /MO



Stock # A41338

2013 FORD EDGE SEL AWD

EMPLOYEE PRICE:

\$32,373*

MSRP: \$38,799

SAVE \$6,426

FINANCE PAYMENT:

\$199* B/W

LEASE PAYMENT:

\$359** /MO



Stock # C71430

2013 FORD F-150 S/CREW XLT 4X4

EMPLOYEE PRICE:

\$26,996*

MSRP: \$42,849

SAVE \$15,853

FINANCE PAYMENT:

\$169* B/W

LEASE PAYMENT:

\$159** /MO



Stock # C90388

2013 FORD F-250 CREW 4X4

**WESTERN
EDITION**

EMPLOYEE PRICE:

\$37,779*

MSRP: \$52,049

SAVE \$14,270

FINANCE PAYMENT:

\$239* B/W

LEASE PAYMENT:

\$519** /MO



Stock # A88242

VISIT RCFORD.CA TO VIEW OUR FULL INVENTORY OF VEHICLES

All pricing and payments are based using all applicable Ford of Canada rebates and exclude freight and dealer installed options. All payments are OAC. *All finance payments are tax paid bi-weekly payments and are based using \$1,500 down, over 96 months at 5.29% APR. **All lease payments are based using \$1,500 down and are calculated using 20,000kms per year and are plus taxes. The 2013 F-150 lease is based on a 24 month term, the 2013 F-250 lease is based on a 48 month term and the 2013 Edge and 2014 Escape leases are based on a 36 month term. Our Price Beat Guarantee offer is based on all new Ford models. Dealer demonstration vehicles, loaners and buyback are excluded in this offer. The vehicle must have an equivalent MSRP value. Any dealer admin fees will be considered part of the purchase price. 3 years of oil changes are based on 3 month intervals for a total number of 12. The free oil changes have no cash value. See dealer for all rules & regulations. All photos are for illustration only. See dealer for details. WE DO NOT CHARGE ADMIN FEES. DL#4218

204.837.3636 • rivercityford.ca
3636 Portage Avenue West, Winnipeg

RiverCityFord
Driving Change

L A Z B O Y
FURNITURE GALLERIES®

SAFeway® Gift Card Event

Gordon All Leather Stationary Sofa



6
months
interest-free
financing!

Now only
\$1899
+ Receive
\$300 in Safeway
Gift Certificates

Owen Reclining Sofa In Microfiber, 2 colors



Now only
\$1699
+ Receive
\$250 in Safeway
Gift Certificates

Sinclair 2 Piece Sectional 2 colors



Now only
\$2599
+ Receive
\$400 in Safeway
Gift Certificates

Colton Power Reclining Sofa In Renew Leather, 4 colors



Now only
\$1999
+ Receive
\$300 in Safeway
Gift Certificates

Impulse Rocker Recliner In Renew Leather, 2 colors



Now only
\$899
+ Receive
\$125 in Safeway
Gift Certificates

Expedited delivery
on in-stock items 

Proud sponsor & supporter of our local
Ronald McDonald House Charities® 

Over 300 Stores
across North America 



L A Z B O Y
FURNITURE GALLERIES®

Live life Comfortably.™

1425 ELLICE AVENUE
783-8500

Monday-Friday 10am-9pm,
Saturday 10am-6pm, Sunday 11pm-5pm
www.lazboy.com/winnipeg